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Medical Research Council
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NUTRITIVE VALUES OF WARTIME FOODS

(Tables compiled for the Accessory Food Factors Committee)

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COMMITTEE UPON ACCESSORY FOOD FACTORS (VITAMINS)

(*Appointed by the Medical Research Council jointly with the Lister Institute of Preventive Medicine*)

Professor R. A. PETERS, M.C., M.D., F.R.S. (*Chairman*)

Miss K. H. COWARD, D.Sc.

Miss E. M. HUME, M.A.

Wing Commander T. F. MACRAE, O.B.E., D.Sc., R.A.F.V.R.

H. E. MAGEE, M.B., D.Sc.

R. A. MCCANCE, M.D., Ph.D., F.R.C.P.

Sir Edward MELLANBY, K.C.B., M.D., F.R.C.P., F.R.S.

B. S. PLATT, M.B., M.Sc., Ph.D.

O. ROSENHEIM, D.Sc., F.R.S.

S. S. ZILVA, D.Sc.

Miss H. CHICK, C.B.E., D.Sc. (*Secretary*).

The task of compiling these Tables was carried out by Dr. E. R. BRANSBY, Miss HUME, Dr. MCCANCE, Wing Commander MACRAE, Dr. PLATT and D. E. M. WIDDOWSON, to whom the Committee wishes to express its thanks.

Inquiries concerning the matter in the Tables should be addressed to Dr. Bransby at the Ministry of Health, Whitehall, London, S.W.1.

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NUTRITIVE VALUES OF WARTIME FOODS

CONTENTS

		Page
Introduction		3
Table I :	Composition of the " edible portion " of foods per 100 g.	6
	Appendix : Vitamin D and riboflavin values per 100 g. " edible portion " for certain foods	24
Table II :	Composition of foods " as purchased " per 100 g.	26
Table III :	Composition of foods " as purchased " per oz.	44

INTRODUCTION

The need for the present tables setting out values for the composition of foods has arisen for three main reasons :—

(i) Values for the composition of many foodstuffs consumed in wartime were not available in existing tables ; the differences between the values for wartime and peacetime foods are often great.

(ii) In Britain, values for the vitamins in foods have not previously been scrutinised and tabulated in a form suitable for use in evaluating dietary data.

(iii) Dietary surveys of the population which are being carried out by the Ministry of Food and the Ministry of Health have created a demand for food tables giving, for raw foods, values for the proteins, fats and carbohydrates, and for the relatively small number of minerals and vitamins most likely to be deficient in human diet.

The tables are suitable for evaluating dietary surveys and may also be found convenient in planning human dietaries, where a high degree of scientific accuracy is not required. They are not suitable for surveys by the individual method, nor should they be used for exact experimental investigations.

Numerous analytical data, published and unpublished, have been considered in selecting the representative values in these tables. Many individuals have been consulted, and have provided valuable data and advice. The Accessory Food Factors Committee wishes to thank all those who have helped in this way. So many of the data have been the result of work by groups of individuals in institutions or Government departments that the Committee wishes to acknowledge this help by naming the bodies and organisations concerned :—

British Food Manufacturers' Research Association.
Chemical Research Laboratory (Department of Scientific and Industrial Research).
Cereals Research Station (Ministry of Food).
Department of Medicine of the University of Cambridge.
Division of Nutrition, Lister Institute of Preventive Medicine.
Dunn Nutritional Laboratory (Medical Research Council and University of Cambridge).
Experimental Kitchen of the Ministry of Food.
Fruit and Vegetable Preservation Research Station (University of Bristol).
Hannah Research Institute.
Human Nutrition Research Unit of the Medical Research Council.
Low Temperature Research Station (University of Cambridge and Department of Scientific and Industrial Research).
Messrs. Chivers and Sons, Ltd.
Messrs. J. Lyons and Co., Ltd.
Ministry of Health.
National Institute for Research in Dairying (University of Reading).
Royal Air Force Institute of Pathology and Tropical Medicine.
School of Agriculture of the University of Cambridge.
School of Malting and Brewing (University of Birmingham).
Smithfield Institute (London County Council).
Torry Research Station (Department of Scientific and Industrial Research).

Material used in Compiling the Tables

The values, including those for waste, are based for the most part on the results of direct analyses carried out during recent years in Britain. Such values, however, were not always available, particularly for the vitamins, and it was therefore necessary to make a selection from the values in the literature, distinguishing carefully those foods whose composition had not been affected by the war.

The values given are generally averages. Some foods vary widely in composition, however, and the value for a single, chance sample may differ appreciably from that given in the tables. The more comprehensive the sample, therefore, the greater will be the chance that its composition will agree with that set out in the tables.

For some classes of foods, such as white fish, an average value has been taken for the whole class, because the composition of the individual members is so similar. Where a value of 0 is recorded for any nutrient, that nutrient may be either absent, or present only in a quantity so small as to be negligible. The minus sign (—) signifies that the nutrient may or may not be present, but that no data are available.

Explanation of Methods of Calculating Values

Protein.—The figures for protein were calculated by multiplying the amount of total nitrogen by 6·25, except for certain foods. For wheat products, except wheat germ, the factor 5·7 was used; for wheat germ, 6·25. For dairy products and for fish, the value for *protein* nitrogen, omitting the *non-protein* nitrogen, was multiplied by 6·38 and 6·25, respectively. The protein value of meat was not based on the nitrogen value but was obtained by multiplying the percentage of dry, fat-free residue of muscle and fatty tissue by 0·9.

Carbohydrate.—The values are based on direct chemical estimations of the starch, dextrin, disaccharides and monosaccharides. All results are expressed in terms of *starch.*

Energy Value.—The factors 4, 9 and 4 Calories (kilocalories) per gramme, respectively, of protein, fat and carbohydrate (expressed as starch) were used in calculating energy values. *The values thus obtained are for available calories, but they are only approximate and must not be used in exact experimental investigations.*

Minerals.—The figures given are for the *total* calcium and iron, no correction having been made for "non-availability".

Vitamins.—The variability in vitamin potency of foods is particularly great, so that the reliability of any single value is small.

In expressing vitamin A potency, the vitamin itself has been differentiated from the provitamin (carotene), by inserting the letter "c" against values for foods containing the provitamin only. The carotene values are expressed in international units (I.U.), of which one has, by definition[1], the potency of 0·06 μg.· β-carotene. There is definite experimental evidence that carotene as contained in foods is not uniformly equivalent to vitamin A, and, consequently, to obtain a value for the total vitamin A potency of a dietary, it is probably desirable to make a correction for this. It is suggested that, in calculating the vitamin A potency of a *mixed diet,* the total carotene value should be divided by 3 and added to the value for preformed vitamin A, but it is stressed that this procedure is provisional and subject to revision. This correction should not be applied to *individual foods* for which it is to be expected that different correction factors will be found necessary.

Vitamin C values have been obtained in some cases by biological methods, and in some by titration with 2 : 6–dichlorophenolindophenol, but in only a relatively small number by the recently introduced formalin method[2].

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[1] Report of the Second International Conference on Vitamin Standardisation. *Quart. Bull. Hlth Org. L. o. N.*, 1934, **3,** 428.

[2] Lugg, J. W. H., *Aust. J. exp. Biol. med. Sci.*, 1942, **20,** 273; Mapson, L. W., *J. Soc. chem. Ind., Lond.*, 1943, **62,** 223; Snow, G. A. and Zilva, S. S., *Biochem. J.*, 1943, **37,** 630.

The biological methods, when properly carried out, are specific, but their accuracy is not great. The biological methods and the indophenol titration method usually give harmonious results, but the latter, though giving precise reduction values, does not yield reliable results in all cases, owing to its lack of specificity. In some circumstances non-specific and biologically inactive reducing substances may be formed in stored foods, foods which have undergone fermentation, and foods cooked or processed at a high temperature. The formalin method, which was too recently introduced to have been as yet widely applied, distinguishes, under certain conditions, between ascorbic acid and at least some of these inactive substances. The extent to which other interfering substances, which cannot be estimated by the formalin method, occur in food is still the subject of investigation.

Destruction of vitamins occurs in the cooking of foods. For processed foods, an allowance for loss has already been made in compiling the tables. The losses during ordinary cooking are extremely variable, and affect vitamin C severely, vitamin B_1 to a less extent, and vitamin A probably still less. For vitamin C, the percentage loss during large scale, or ordinary domestic, cooking may be taken as 75 for green vegetables and 50 for other vegetables, but, with modern "conservative" cooking, it will be less. For vitamin B_1 it is suggested that a deduction of 15 per cent. of the total in the diet should be made for losses during cooking, since about 60 per cent. of the total vitamin B_1 contained in a wartime diet is in the foods which require to be cooked, and about one-quarter of this amount (*i.e.*, 15 per cent. of the total) is destroyed during cooking. It is suggested that no allowance for loss of vitamin A during cooking should be made. The factors given above for calculating the approximate vitamin values of the dietaries as consumed must *not* be used to calculate losses during the cooking of individual foods.

In other sets of food tables, the factors used in calculating nutritive value may differ from those described above, and it is therefore important, when these tables are used in conjunction with others, to ensure that the basis of calculation has been the same, or to make the necessary adjustment.

The Meaning of the Terms "as purchased" (A.P.) and "edible portion" (E.P.)

Foods purchased from distributors may be divided into two classes: (*a*) those which consist entirely of edible matter, such as bread, milk and jam; (*b*) those of which certain parts are generally discarded before the foods are eaten; examples of such foods are cabbage, the outside leaves and stalk of which are usually thrown away, and herrings, of which the head, bones and guts are not consumed. There is no difficulty in expressing the nutritive value of foods in class (*a*) above, but with class (*b*) there is liable to be confusion as to whether the figure for the nutritive value applies to the food before or after removal of the inedible material.

In Table I the values given are for the composition of the "edible portion"; the percentage of the amount purchased which the waste represents is given in the column headed "wastage". Thus, for mature carrots (No. 227b) the wastage given is 20 per cent., so that if, say, 1000 g. is purchased this will be made up of 800 g. of edible portion and 200 g. of waste. The nutritive values given in Table I refer to 100 g. of this 800 g. Tables II and III, which give values for the foods "as purchased" per 100 g. and per oz., respectively, have been calculated from Table I, to assist those who are concerned only with food as purchased. Since all three tables have been compiled from the same data, they give the same values for the foods when appropriately used. Thus, for example, in calculating from Table I the amount of vitamin A potency to be derived from 1000 g. of mature carrots as purchased, it is first necessary to deduct 200 g. for waste and then, from Table I, to find the amount of vitamin A potency present in the remaining 800 g., which is 160,000 I.U. The value of 160,000 I.U. for the vitamin A potency to be derived from 1000 g. of mature carrots as purchased is yielded also by Table II without any adjustment.

TABLE I—COMPOSITION OF THE "EDIBLE

CEREALS AND

The values for the English flours of different degrees of extraction are derived from the same grist; the same is true of the Manitoba flours. For National (U.K.) flour the composition of the grist varied markedly at different times. The values for 85 per cent. extraction National (U.K.) flour are based on the average composition of the mixed grist during 1943, the values for 80 per cent. National (U.K.) flour on the average composition of the grist during February and March, 1945; in the latter period the proportion of English wheat was less. Some bakers receive an allowance of 2 lb. of fat per 280 lb. of flour for bread making, which increases the fat content of the bread by 0·6 per cent. The calcium content of National flour and bread includes that from the

No.	*Food*	*Water*	*Protein*	*Fat*
		g.	*g.*	*g.*
1	Bread, brown, 1943 average, unfortified	37	8·5	1·3
2	National, made with flour, item No. 11..	37	8·5	1·2
2a	National, made with flour, item No. 11a	37	8·6	1·0
3	Flour, English, 100% extraction, unfortified ..	13	9·1	2·3
4	85% extraction, fortified with Ca	13	8·8	1·5
5	70% extraction, unfortified ..	13	8·1	1·0
6	Manitoba, 100% extraction, unfortified ..	13	13·9	2·6
7	85% extraction, fortified with Ca	13	13·9	1·7
8	70% extraction, unfortified ..	13	13·1	1·2
9	Canada Approved	13	14·5	2·2
10	Canada, G.R., fortified with vitamin B_1 ..	13	14·2	1·6
11	U.K., 1943 average, 85% extraction, fortified with Ca	13	11·7	1·6
11a	U.K., Feb.–Mar., 1945 average, 80% extraction, fortified with Ca ..	13	11·9	1·4
12	Cornflour	12	0·7	0·3
13	Macaroni, spaghetti, noodles	10	10·7	2·0
14	Oatmeal	9	12·1	8·7
15	Pearl barley	11	7·7	1·7
16	Rice, highly milled	12	6·2	1·0
17	Rye, 60 to 65% extraction	12	4·6	1·8
18	wholemeal	12	8·3	2·8
19	Sago	12	0·3	0·2
20	Semolina	12	10·7	1·8
21	Tapioca	11	0·4	0·1
22	Wheat products, processed, bran	8	10·9	4·2
23	germ..	8	32·0	7·7
24	puffed	8	13·7	2·3
25	shredded	8	12·3	2·3
26	flaked	8	13·9	2·3
	Typical Biscuits, Cakes and Meat Pies			
27	Biscuits, chocolate	2	12·0	20·0
28	oatmeal	4	10·0	25·0
29	plain (water)	4	12·0	3·0
30	sweet	4	7·0	24·0
31	Cakes, buns, plain	30	8·0	7·0
32	doughnuts	30	8·0	15·0
33	scones	35	8·0	10·0
34	sponge	20	10·0	5·0
35	fruit, plain and rock, good quality ..	19	8·0	18·0
36	fruit, plain and rock, poorer quality ..	31	7·0	11·0
37	Meat pies and sausage rolls	33	11·0	23·0

CEREAL PRODUCTS

addition of 7 oz. of calcium carbonate per 280 lb. sack of flour. No allowance has been made for the introduction of diluents such as oats and barley, as such additions vary from time to time and from place to place, and have no significant effect on the composition of the resulting flour.

The values given for cakes and biscuits must be considered as merely representative of the various products. There are wide differences between the products of different manufacturers, and between home-made and commercial products. To ascertain the composition of any particular cake or biscuit, application should be made to the manufacturers.

No.	*Carbo-hydrate*	*Calories*	*Calcium*	*Iron*	*Vitamin A potency*	*Vitamin B_1*	*Vitamin C*	*Wastage*
	g.		*mg.*	*mg.*	*I.U.*	*µg.*	*mg.*	%
1	50·4	247	18	2·1	0	183 (1)	0	0
2	51·4	250	57	1·8	0	185 (2)	0	0
2a	51·4	249	59	1·2	0	150 (1, 2)	0	0
3	68·1	330	36	3·1	0	294 (1)	0	0
4	73·6	343	88	2·3	0	258 (1)	0	0
5	76·2	346	19	1·4	0	87 (1)	0	0
6	64·3	336	28	3·9	0	363 (1)	0	0
7	69·0	347	81	2·9	0	282 (1)	0	0
8	71·6	350	13	1·8	0	69 (1)	0	0
9	68·6	352	17	1·4	0	238 (1)	0	0
10	68·3	344	15	1·2	0	284 (1)	0	0
11	71·0	345	79	2·5	0	300 (2)	0	0
11a	71·0	344	82	1·6	0	243 (1, 2)	0	0
12	86·0	350	38	0·3	0	—	0	0
13	69·3	338	26	1·4	0	75	0	0
14	65·5	389	55	4·1	0	450	0	0
15	73·2	339	10	0·7	0	120	0	0
16	78·1	346	4	0·4	0	80	0	0
17	76·7	341	19	2·9	0	—	0	0
18	68·3	332	57	4·0	0	—	0	0
19	84·6	341	10	1·2	0	0	0	0
20	69·8	338	18	1·0	0	90	0	0
21	85·5	345	8	0·3	0	0	0	0
22	54·5	299	98	12·9	0	—	0	0
23	37·8	349	58	9·7	—	2,100	0	0
24	66·1	340	34	4·7	0	15	0	0
25	67·1	338	26	4·2	0	200	0	0
26	66·0	340	34	4·9	0	40	0	0
27	61·0	472	60	4·2	0	35	0	0
28	55·0	485	45	2·7	0	160	0	0
29	75·0	375	80	2·1	0	130	0	0
30	59·0	480	50	1·2	0	65	0	0
31	48·0	287	50	1·0	0	150	0	0
32	42·0	335	50	1·7	0	85	0	0
33	40·0	282	115	1·5	0	160	0	0
34	57·0	313	50	2·0	300	120	0	0
35	48·0	386	60	1·7	270	110	0	0
36	46·0	311	65	2·4	—	—	0	0
37	28·0	363	15	2·0	0	100	0	0

(1) Laboratory milled samples. (2) Commercial samples.

Table I—*contd.* **Composition of the " edible portion " per 100 g.**

MEAT, MEAT OFFALS

The composition of carcases and of joints of meat is very variable, depending mainly on the degree of fatness. Thus, lean carcases of beef have an average content of about 18 per cent. fat and 16 per cent. protein, and fat carcases of about 38 per cent. fat and 13 per cent. protein. In addition, the butchering of carcases into joints is not standardised, varying markedly in

No.	*Food*	*Water*	*Protein*	*Fat*
		g.	*g.*	*g.*
	Beef			
38	Carcase as a whole	56	15·0	28·0
	Cuts for roasting and grilling			
39	Ribs	52	14·0	33·0
40	Sirloin	59	16·0	23·0
41	Topside	62	17·0	19·0
42	Silverside	62	17·0	19·0
43	Top rump	62	17·0	19·0
44	Steak	56	14·0	29·0
	Cuts for stewing			
45	Shin	69	19·0	10·0
46	Shank, leg or hind shin	66	18·0	15·0
47	Stewing steak	65	17·0	16·0
	Cuts for boiling and salting			
48	Brisket, before salting	48	13·0	38·0
49	Silverside, before salting	64	17·0	17·0
	Veal			
50	Carcase as a whole, bobby	74	18·0	6·0
51	milk fed	65	17·0	17·0
	Mutton and Lamb			
52	Carcase as a whole	55	13·0	31·0
	Cuts for roasting			
53	Leg	64	16·0	19·0
54	Loin and chops	56	14·0	28·0
55	Best end	56	14·0	28·0
56	Shoulder	56	13·0	30·0
	Cuts for stewing			
57	Scrag end	66	15·0	18·0
58	Middle neck and breast	49	12·0	38·0
	Pork			
59	Carcase as a whole, including head and feet ..	47	12·0	40·0
	Cuts for roasting and grilling			
60	Leg	59	15·0	25·0
61	Loin	44	12·0	43·0
62	Chops	40	11·0	48·0
	Cuts for boiling			
63	Belly	38	10·0	51·0
64	Hock, hand and spring	57	14·0	27·0

different parts of the country. The values in the Tables relate to meat from animals of average fatness. No differentiation has been made between the various joints for mineral and vitamin content, because sufficient data are not available, and because such a differentiation would give a false impression of the degree of precision of the values given.

No.	Carbo-hydrate	Calories	Calcium	Iron	Vitamin A potency	Vitamin B_1	Vitamin C	Wastage
	g.		mg.	mg.	I.U.	µg.	mg.	%
38	0	312						17
39	0	353						17 (1)
40	0	271						15 (1)
41	0	239						0
42	0	239						19 (2)
43	0	239						3 (2)
44	0	317	10	4·0	50	80	0	0
45	0	166						45 (2)
46	0	207						42 (2)
47	0	212						0
48	0	394						0
49	0	221						0
50	0	126	10	2·0	50	80	0	27
51	0	221						22
52	0	331						17
53	0	235						15
54	0	308						8
55	0	308	10	2·0	50	160	0	15
56	0	322						15
57	0	222						15
58	0	390						15
59	0	408						15
60	0	285						16
61	0	435	10	1·0	0	720	0	9
62	0	476						12
63	0	499						8
64	0	299						17

(1) Sometimes sold boneless, in which case there is no waste.
(2) Usually sold boneless, in which case there is no waste.

Table I—*contd.* **Composition of the " edible portion " per 100 g.**

No.	*Food*	*Water*	*Protein*	*Fat*
		g.	*g.*	*g.*
	Bacon			
65	Sides as a whole	40	11·0	45·0
	Cuts for boiling			
66	Gammon, ham	51	16·0	30·0
	Rashers			
67	Back	44	13·0	40·0
68	Streaky	33	9·0	55·0
69	Gammon	51	16·0	30·0
70	Fat, American	18	5·0	74·0
	Canned Meat			
71	Beef, corned	53	25·0	16·0
72	Pork, corned	52	20·0	23·0
73	Luncheon meat	58	15·0	21·0
74	Pork sausage meat	43	9·0	43·0
75	Tongue	57	19·0	20·0
	Dried Meat			
76	Dried meat	5	50·0	40·0
	Meat Offals, Poultry, Sausages, etc.			
77	Duck, plucked and drawn	71	19·0	8·0
78	Fowl, plucked and drawn	73	18·0	7·0
79	Heart	71	16·0	11·0
80	Kidney	75	16·0	7·0
81	Liver, calf	70	17·0	6·0
82	ox	70	17·0	6·0
83	pig	70	17·0	6·0
84	sheep	70	17·0	6·0
85	Meat paste	69	12·0	8·0
86	Sausages, beef	57	11·5	13·0
87	pork	52	10·5	18·0
88	Sheep's head	57	13·0	29·0
89	Rabbit, skinned and gutted	72	20·0	6·0

MEAT PRODUCTS—*contd.*

No.	Carbo-hydrate	Calories	Calcium	Iron	Vitamin A potency	Vitamin B_1	Vitamin C	Wastage
	g.		*mg.*	*mg.*	*I.U.*	*µg.*	*mg.*	%
65	0	449						12
66	0	334	10	1·0	0	600	0	15
67	0	412						12
68	0	531						14
69	0	334						9
70	0	686	10	1·0	0	300	0	6
71	0	244	10	11·0	0	0	0	0
72	0	287	10	2·0	0	450	0	0
73	0	249	10	2·0	0	450	0	0
74	1·0	427	10	2·0	0	450	0	0
75	0	256	10	3·0	0	280	0	0
76	0	560	15	12·0	150	120	0	0
77	0	148	10	—	0	150	0	30
78	0	135	10	3·7	0	150	0	30
79	0	163	10	8·0	200	600	0	0
80	0	127	10	13·4	1,000	240	0	0
81	5·0	142	10	13·9	4,000	400	0	0
82	5·0	142	10	13·9	15,000	400	0	0
83	5·0	142	10	13·9	5,000	400	0	0
84	5·0	142	10	13·9	45,000	400	0	0
85	9·0	156	—	—	0	—	0	0
86	13·0	215	30	2·0	10	150	0	0
87	13·0	256	30	1·0	0	170	0	0
88	0	313	—	—	50	200	0	50
89	0	134	10	2·3	0	30	0	17

FISH—FRESH, CURED

Fish having approximately the same composition have been grouped together, because the differences between them are unimportant for the purposes for which the Tables are intended. A single set of values for minerals and vitamins has been given for all fresh fish, except herrings and sprats, because of the scarcity of analytical data.

Two sets of allowances for wastage are given in columns I and II. The values in column I give the percentage of inedible matter in the fish as

No.	*Food*	*Water*	*Protein*	*Fat*
		g.	*g.*	*g.*
	Fresh Fish			
90	Cod, haddock, pollack, saithe	81	16·0	0·5
91	Ling	81	16·0	0·5
92	Whiting	81	16·0	0·5
93	Skate, ray	80	16·0	1·0
94	Plaice	79	16·0	2·0
95	Sole, turbot, brill, dab	79	16·0	2·0
96	Bass, bream, mullet, redfish	78	16·0	3·0
97	Catfish	78	16·0	3·0
98	Hake	78	16·0	3·0
99	Dogfish	78	13·0	5·0
100	Eel, conger	76	16·0	5·0
101	Halibut	76	16·0	5·0
102	Witch	76	16·0	5·0
103	Mackerel	73	16·0	8·0
104	Eel, fresh water, brown	74	16·0	8·0
105	silver	60	13·0	25·0
106	Trout, sea	71	16·0	10·0
107	Salmon	67	17·0	14·0
108a	Herring, Jan. to Aug.	66	16·0	15·0
108b	Sept. to Dec.	72	16·0	8·0
109a	Sprats, Oct. to Dec.	71	14·0	13·0
109b	Jan. to March	76	14·0	8·0

landed. An asterisk attached to the value in column I indicates that the fish is landed gutted, and that consequently the waste does not include the guts. If there is no asterisk, the fish is landed ungutted and the waste includes the guts. Skate is landed as wings. The values in column II give the percentage which is inedible in the fish as usually purchased; how the fish is sold is also stated.

No.	Carbo-hydrate	Cal-ories	Cal-cium	Iron	Vita-min A potency	Vita-min B_1	Vita-min C	Wastage I	Wastage II
	g.		mg.	mg.	I.U.	µg.	mg.	%	%
90	0	69						55*	35 Steaks with skin and bone.
91	0	69						50*	40 Steaks with skin and bone.
92	0	69						55*	55 Whole fish.
93	0	73	25	1·0	0	60	0	55*	5 Some bone, no skin.
94	0	82						55*	50 Head removed.
95	0	82						50*	45 Head removed.
96	0	91						50*	50 Whole fish.
97	0	91						60*	45 Steaks with skin and bone.
98	0	91						35*	30 Steaks with skin and bone.
99	0	97						55*	10 Some bone, no skin.
100	0	109						50*	40 Head removed.
101	0	109						50*	45 Steaks with skin and bone.
102	0	109	25	1·0	0	60	0	50*	45 Head removed.
103	0	136						50	40 Head removed.
104	0	136						50	40 Head removed.
105	0	277						50	40 Head removed.
106	0	154						35	30 Steaks with skin and bone.
107	0	194						35	30 Steaks with skin and bone.
108a	0	199	100	1·5	150	10	0	35 (1)	35 Whole fish.
108b	0	136	100	1·5	150	10	0	40 (1)	40 Whole fish.
109a	0	173	400	4·0	—	—	—	50	50 Whole fish.
109b	0	128	400	4·0	—	—	—	50	50 Whole fish.

(1) Edible portion includes roes and milts.

Table I—*contd.* **Composition of the " edible portion " per 100 g.**

FISH—FRESH, CURED

No.	Food	Water	Protein	Fat
		g.	g.	g.
	Roe and Milt			
110	Roe, cod	75	20·0	2·0
111	herring	75	24·0	3·0
112	Milt, herring	65	31·0	2·0
	Shellfish and Molluscs			
113	Cockles	80	11·0	0·5
114	Crab	73	20·0	4·0
115	Lobster	73	20·0	4·0
116	Mussels	82	12·0	2·0
117	Oysters	80	10·0	2·0
118	Scallops	78	18·0	1·0
119	Shrimps and prawns	69	21·0	2·0
120	Whelks	76	18·0	2·0
121	Winkles	74	15·0	1·0
	Cured Fish			
122	Bloater	64	18·0	15·0
123	Cod, hard, dried	40	42·0	1·5
124	wet, salt	56	22·0	0·5
125	Haddock, smoked	76	18·0	0·6
126	Herring, red	50	15·0	17·0
127	salt	50	15·0	17·0
128	Kipper	62	19·0	16·0
	Canned Fish			
129	Crayfish	77	18·0	1·0
130	Herring, plain	63	21·0	12·0
131	in tomato	67	16·0	10·0
132	Mackerel	67	23·0	8·0
133	Pilchards, in tomato	67	16·0	15·0
134a	Salmon, bones not eaten	67	20·0	10·0
134b	bones eaten	67	20·0	10·0
135	Sardines, in oil	50	20·0	24·0
136	in tomato	65	20·0	9·0

DAIRY

137a	Milk, fresh, whole, May to Nov.	88	3·3	3·6
137b	Dec. to April	88	3·3	3·6
138	skimmed	91	3·4	0·1
139	condensed, whole, sweetened, U.K. ..	28	8·2	9·2
140	unsweetened, U.K. (3) ..	68	8·5	9·2
141	U.S.A.(3)	74	6·9	8·0
142	skimmed, sweetened	29	9·5	0·5
143	powder, whole	4	25·6	26·7
144	skimmed	5	35·8	0·7
145	Butter, Empire, imported	15	0·5	82·5
146	Cheese, Cheddar type	37	24·9	34·5

(3) Known also as evaporated milk.

AND CANNED—*contd.*

No.	Carbo-hydrate	Calories	Calcium	Iron	Vitamin A potency	Vitamin B_1	Vitamin C	Wastage
	g.		*mg.*	*mg.*	*I.U.*	*µg.*	*mg.*	%
110	0	98	15	1·0	—	1,500	0	0
111	0	123	15	1·0	—	30	0	0
112	0	142	15	1·0	—	30	0	0
113	6·0	73	125	26·0	—	—	—	80
114	0	116	45	1·0	—	—	—	60
115	2·0	124	45	1·0	—	—	—	55
116	2·0	74	90	6·0	—	—	—	70
117	6·0	82	185	6·0	—	—	—	90
118	0	81	115	3·0	—	—	—	80
119	1·0	106	320	2·0	—	—	—	55
120	2·0	98	55	6·0	—	—	—	60
121	5·0	89	135	15·0	—	—	—	80
122	0	207	120	2·0	160	10	0	30
123	0	182	65	2·5	0	60	0	35
124	0	93	35	1·5	0	60	0	45
125	0	77	30	1·0	0	60	0	45
126	0	213	100	1·5	140	10	0	35
127	0	213	100	1·5	140	10	0	35
128	0	220	120	2·0	180	10	0	40
129	0	81	—	—	—	—	—	0
130	0	192	100	1·5	30	—	0	0
131	0	154	100	1·5	30	—	0	0
132	0	164	100	1·5	—	—	—	0
133	0	199	300	—	0	—	—	0
134a	0	170	150	1·5	250	120	0	2
134b	0	170	300	1·5	250	120	0	0
135	0	296	400	4·0	270	—	0	0
136	0	161	400	4·0	270	—	0	0

PRODUCTS

137a	4·4	63	120	0·1	140	45	1·5 (1) 1·0 (2)	0
137b	4·4	63	120	0·1	70	45	1·5 (1) 1·0 (2)	0
138	4·6	33	124	0·1	0	45	1·5	0
139	49·6	314	290	0·2	370	105	3·0	0
140	11·5	163	294	0·2	370	65	2·0	0
141	9·4	137	242	0·2	320	55	2·0	0
142	55·8	266	320	0·3	20	125	3·0	0
143	35·6	485	895	0·8	1,070	300	7·0	0
144	47·9	341	1,225	1·0	30	390	7·0	0
145	0	745	15	0·1	4,000	0	0	0
146	0	410	810	0·6	1,300	30	0	0

(1) As produced. (2) As purchased.

Table I—*contd.* **Composition of the " edible portion " per 100 g.**

FATS

No.	*Food*	*Water*	*Protein*	*Fat*
		g.	*g.*	*g.*
147	Dripping	1	0	99·0
148	Edible oil	0	0	99·9
149	Lard	1	0	99·0
150	Margarine, vitaminised	14	0	85·3

EGGS AND

151	Egg, whole, fresh	74	12·5	11·5
152	dried	5	45·8	42·0

FRUITS—FRESH, CANNED

English canned fruits are packed in syrup of 30 degrees Brix for home consumption and of 40 degrees for the Services. For imported canned fruits the average pre-war values for the syrup are taken, apricots 25, grapefruit 40, oranges 65, pears 20, peaches 25 and pineapples 35, degrees Brix. The values given for the composition of canned fruits are for the total contents of the

No.	*Food*	*Water*	*Protein*	*Fat*
		g.	*g.*	*g.*
	Fresh Fruit			
153	Apples, cooking	86	0·3	0
154	eating	85	0·3	0
155	Apricots	87	0·6	0
156	Bananas	71	1·1	0
157	Bilberries	86	0·5	0
158	Blackberries	82	1·3	0
159	Cherries, eating	82	0·6	0
160	Cranberries	87	0·4	0
161	Currants, black	77	0·9	0
162	red	83	1·1	0
163	Damsons	78	0·5	0
164	Gooseberries, cooking	90	1·1	0
165	eating	84	0·6	0
166	Grapes, white	79	0·6	0
167	Grapefruit	91	0·6	0
168	Greengages	78	0·8	0
169	Lemon, juice	91	0·3	0
170	Loganberries	85	1·1	0
171	Oranges	86	0·8	0

No.	Carbo-hydrate	Calories	Calcium	Iron	Vitamin A	Vitamin B_1	Vitamin C	Wastage
	g.		mg.	mg.	I.U.	µg.	mg.	%
147	0	891	1	0·1	100	0	0	0
148	0	899	0	0·1	0	0	0	0
149	0	891	0	0·1	0	0	0	0
150	0	768	4	0·3	2,000	0	0	0

EGG PRODUCTS

151	0·9	157	60	3·0	1,000	150	0	12
152	3·2	574	219	11·0	3,000	400	0	0

AND DRIED—AND NUTS

cans, both fruit and syrup. The number of degrees Brix represents the percentage by weight of sugar in the syrup.

During dietary surveys the combined weight of the can and its contents may be recorded. To obtain the weight of the contents, the factor 0·85 should be used.

No.	Carbo-hydrate	Calories	Calcium	Iron	Vitamin A* potency	Vitamin B_1	Vitamin C	Wastage
	g.		mg.	mg.	I.U.	µg.	mg.	%
153	8·6	36	4	0·3	40c	45	5	20
154	10·5	43	4	0·3	40c	45	5	20
155	6·0	26	17	0·4	750c	30	10	8
156	17·3	74	7	0·4	80c	50	10	40
157	5·5	24	25	0·5	150c	—	15	0
158	5·8	28	63	0·9	300c	20	20	0
159	10·7	45	16	0·4	200c	50	5	13
160	3·2	14	15	1·1	—	—	—	0
161	5·9	27	60	1·3	90c	as apple	200	0
162	4·0	20	36	1·2	25c	as apple	45	0
163	8·6	36	24	0·4	—	50	5	10
164	3·1	17	28	0·3	200c	as apple	40	0
165	8·3	36	19	0·6	200c	as apple	40	0
166	14·5	60	19	0·3	50c	30	5	10
167	4·8	22	17	0·3	20c	70	40	50
168	10·6	46	17	0·4	400c	as apple	5	6
169	1·4	7	8	0·1	0	30	50	64(1)
170	3·1	17	35	1·4	70c	20	30	0
171	7·7	34	41	0·3	300c	75	55 (2)	25

(1) This value refers to whole lemons. (2) Whole seville oranges have a vitamin C value of 35.
* The letter c after the value indicates that the sole source of vitamin A potency is carotene.

Table I—*contd.* **Composition of the " edible portion " per 100 g.**

No.	*Food*	*Water*	*Protein*	*Fat*
		g.	*g.*	*g.*
	Fresh Fruit—*contd.*			
172	Peaches	86	0·6	0
173	Pears, eating	83	0·2	0
174	Pineapples	84	0·5	0
175	Plums, red and yellow	85	0·6	0
176	Victoria	84	0·6	0
177	Raspberries	83	0·9	0
178	Rhubarb	94	0·6	0
179	Strawberries	89	0·6	0
180	Tomatoes	93	0·9	0
	Canned Fruit for Domestic Use			
	Total Contents of Tin			
181	Apples	85	0·3	0
182	Apricots	82	0·4	0
183	Blackberries	77	0·7	0
184	Cherries	77	0·4	0
185	Currants, black	75	0·5	0
186	Damsons	75	0·3	0
187	Gooseberries	80	0·7	0
188	Grapefruit	84	0·5	0
189	Greengages	76	0·5	0
190	Loganberries	78	0·7	0
191	Peaches	83	0·4	0
192	Pears	83	0·2	0
193	Pineapples	79	0·3	0
194	Plums	77	0·4	0
195	Rhubarb	83	0·4	0
196	Raspberries	77	0·6	0
197	Strawberries	80	0·4	0
198	Tomatoes, solid pack	93	0·9	0
	Canned Fruit for Service Use			
	Total Contents of Tin			
199	Blackberries	73	0·7	0
200	Damsons	71	0·3	0
201	Gooseberries	76	0·7	0
202	Loganberries	73	0·7	0
203	Plums	73	0·4	0
	Dried Fruit			
204	Apples	35	2·0	0
205	Apricots	15	4·8	0
206	Currants	22	1·7	0
207	Dates	15	2·0	0
208	Figs	17	3·6	0
209	Prunes	23	2·4	0
210	Raisins	22	1·1	0
211	Sultanas	18	1·7	0

DRIED—AND NUTS—*contd.*

No.	Carbo-hydrate	Calories	Calcium	Iron	Vitamin A* potency	Vitamin B_1	Vitamin C	Wastage
	g.		mg.	mg.	I.U.	µg.	mg.	%
172	8·2	35	5	0·4	750c	20	10	13
173	9·4	38	7	0·2	10c	20	3	25
174	10·4	44	12	0·4	100c	75	20	50
175	5·6	25	14	0·3	400c	45	3	6
176	8·6	37	11	0·4	400c	45	3	6
177	5·0	24	41	1·2	70c	20	30	0
178	0·9	6	103	0·4	0	20	10	25
179	5·6	25	22	0·7	15c	20	60	3
180	2·5	14	13	0·4	3,000c	60	25	15
181	8·3	34	4	0·4	40c	45	4	0
182	12·2	50	13	0·5	500c	20	5	0
183	16·2	68	38	1·0	150c	10	8	0
184	17·6	72	12	3·0	100c	25	2	8
185	16·4	68	36	1·5	45c	20	90	0
186	16·7	69	17	0·8	360c	25	2	6
187	14·7	62	19	0·5	100c	20	18	0
188	12·6	52	19	0·5	15c	45	25	0
189	17·6	72	14	0·5	200c	20	2	4
190	15·3	64	22	2·0	35c	10	12	0
191	13·7	56	7	0·6	500c	10	5	0
192	12·5	51	9	0·6	5c	10	1	0
193	17·3	70	10	0·8	65c	50	10	0
194	16·8	69	13	1·5	200c	25	2	4
195	14·5	60	56	0·8	0	5	5	0
196	16·1	67	26	2·0	35c	10	12	0
197	15·9	65	15	1·5	5c	10	25	0
198	2·5	14	13	0·4	3,000c	50	15	0
199	20·5	85	38	1·0	150c	10	8	0
200	20·6	84	17	0·8	360c	25	2	6
201	19·0	79	19	0·5	100c	20	18	0
202	19·5	81	22	2·0	35c	10	12	0
203	20·7	84	13	1·5	200c	25	2	4
204	44·1	184	30	2·0	100c	0	0	0
205	39·1	176	92	4·1	5,000c	0	0	0
206	56·8	234	95	1·8	50c	0	0	0
207	57·5	238	68	1·6	100c	0	0	14
208	47·6	205	284	4·2	90c	0	0	0
209	36·3	155	38	2·9	2,500c	0	0	17
210	58·0	236	61	1·6	50c	0	0	8
211	58·2	240	52	1·8	50c	0	0	0

* The letter c after the value indicates that the sole source of vitamin A potency is carotene.

(69039)

FRUITS—FRESH, CANNED AND

No.	Food	Water	Protein	Fat
		g.	g.	g.
	Nuts			
212	Almonds	5	20·5	53·5
213	Barcelona nuts	6	12·9	64·0
214	Brazil nuts	8	13·8	61·5
215	Chestnuts	52	2·3	2·7
216	Cobnuts	41	9·0	36·0
217	Coconut	42	3·8	36·0
218a	Peanuts, with skin	4	28·1	49·0
218b	roasted	4	28·1	49·0
219	Walnuts, ripe	23	12·5	51·5

VEGETABLES—FRESH AND

The values given for the composition of canned vegetables refer to the vegetables warmed in the liquor in which they are packed, the liquor being subsequently discarded.

In making dietary surveys, the combined weight of the can and its contents

No.	Food	Water	Protein	Fat
		g.	g.	g.
	Fresh Vegetables			
220	Asparagus	94	2·0	0
221	Beans, broad	77	7·2	0·5
222	French	92	1·1	0
223	runner	92	1·1	0
224	Beetroot	87	1·8	0
225	Brussels sprouts	85	4·4	0
226	Cabbage	92	1·5	0
227a	Carrots, July to August	90	0·7	0
227b	Sept. onwards	90	0·7	0
228	Cauliflower	92	2·4	0
229	Celery	94	0·9	0
230	Cucumber	96	0·6	0
231	Endive	94	1·8	0
232	Horseradish	75	4·5	0
233	Kale	87	3·9	0
234	Leeks	88	2·5	0
235	Lettuce	95	1·1	0
236	Marrow	98	0·5	0
237	Mushrooms	92	1·8 (1)	0
238	Onions, bulb	93	0·9	0
239	spring	87	0·9	0
240	Parsley	79	5·2	0
241	Parsnips	83	1·7	0
242	Peas, green	79	5·8	0

(1) Protein nitrogen multiplied by 6·25.

No.	Carbo-hydrate	Calories	Calcium	Iron	Vitamin A* potency	Vitamin B_1	Vitamin C	Wastage
	g.		*mg.*	*mg.*	*I.U.*	*µg.*	*mg.*	%
212	3·9	579	247	4·2	0	240	0	65
213	4·7	646	170	3·0	0	—	0	40
214	3·7	624	176	2·8	0	—	0	55
215	32·9	165	46	0·9	0	—	0	20
216	6·1	384	44	1·1	0	—	0	65
217	3·3	352	13	2·1	0	—	0	30
218a	7·7	584	61	2·0	0	900	0	30
218b	7·7	584	61	2·0	0	240	0	0
219	4·5	532	61	2·4	0	300	0	40

CANNED—AND PULSES

is sometimes the only information recorded. The approximate weight of vegetables may then be obtained by applying the following factors: for beans in tomato sauce, and for spinach puree, 0·85; for stringless and runner beans, 0·5; and for all other canned vegetables, 0·55.

No.	Carbo-hydrate	Calories	Calcium	Iron	Vitamin A* potency	Vitamin B_1	Vitamin C	Wastage
	g.		*mg.*	*mg.*	*I.U.*	*µg.*	*mg.*	%
220	2·4	18	28	0·9	700c	180	60	80
221	9·5	71	30	1·1	—	—	30	75
222	2·6	15	33	0·7	600c	75	10	5
223	2·6	15	33	0·7	600c	75	20	25
224	8·1	40	32	0·9	0	35	10	35
225	4·0	34	27	1·2	400c	120	100	25
226	5·0	26	65	1·0	900c	75	70	30
227a	4·9	22	48	0·6	10,000c	60	10	5
227b	4·9	22	48	0·6	20,000c	60	10	20
228	3·0	22	—	0·9	0	100	70	30
229	1·2	8	52	0·6	0	30	5	25
230	1·6	9	23	0·3	0	45	10	25
231	0·9	11	44	2·8	—	60	20	35
232	9·9	58	119	2·0	—	—	130	55
233	4·5	34	200	2·5	8,000c	120	130	30
234	3·9	26	51	1·3	700c	100	20	50
235	1·6	11	26	0·7	4,000c	75	15	20
236	3·0	14	—	—	30c	45	5	35
237	0	7	3	1·0	—	90	0	25
238	4·7	22	31	0·3	0	30	10	5
239	7·7	34	135	1·2	700c	20	20	20
240	0	21	325	8·0	13,000c	120	150	0
241	10·2	48	55	0·6	200c	120	10	35
242	9·5	61	15	1·9	500c	420	30	60

* The letter c after the value indicates that the sole source of vitamin A potency is carotene.

Table I—*contd.* **Composition of the " edible portion " per 100 g.**

VEGETABLES—FRESH AND

No.	Food	Water	Protein	Fat
		g.	g.	g.
	Fresh Vegetables—*contd.*			
243a	Potatoes, early	78	2·0	0
243b	main crop, before Oct.	78	2·0	0
243c	Oct. and Nov.	78	2·0	0
243d	Dec.	78	2·0	0
243e	Jan. and Feb.	78	2·0	0
243f	March and onwards	78	2·0	0
244	Radishes	93	1·0	0
245	Spinach	91	2·7	0
246	Swedes	91	1·1	0
247	Turnips	93	0·8	0
248	Turnip tops	93	2·5	0
249	Watercress	91	2·9	0
	Potatoes, Chip			
250a	Potatoes, chip, early, and main crop before Oct.	47	3·8	9·0
250b	Oct. and Nov.	47	3·8	9·0
250c	Dec.	47	3·8	9·0
250d	Jan. and Feb.	47	3·8	9·0
250e	March and onwards	47	3·8	9·0
	Canned Vegetables (not Including Liquor)			
251	Asparagus	94	1·5	0
252	Beans, broad	83	5·2	0·5
253	stringless and runner	93	0·8	0
254	in tomato sauce, baked	70	6·0	0
255	Beetroot	89	1·4	0
256	Brussels sprouts	90	3·4	0
257	Carrots	88	0·5	0
258	Celery	94	0·5	0
259	Parsnips	86	0·9	0
260	Peas, fresh, garden	84	4·6	0
261	processed	68	7·2	0
262	Potatoes	80	1·6	0
263	Spinach, leaf	93	2·1	0
264	puree	93	2·1	0
265	Swedes	91	0·7	0
266	Turnips	93	0·5	0
	Pulses			
267	Haricot beans	8	21·4	0
268	Lentils	6	23·8	0
269	Peas, split	7	22·1	0
270	dried	7	24·5	0
271	Soya bean, full fat flour	7	40·4	23·5
272	low fat flour and grits	7	49·4	7·6

SUGAR, SWEETS

The values given refer to jams of 20 per cent. fruit content. Home-

273	Honey	23	0·4	0
274	Glucose, liquid	18	0	0
275	Sugar	0	0	0
276	Treacle, black	29	1·2	0
277	light, golden	20	0·3	0

CANNED—AND PULSES—*contd.*

No.	Carbo-hydrate	Calories	Calcium	Iron	Vitamin A* potency	Vitamin B_1	Vitamin C	Wastage
	g.		*mg.*	*mg.*	*I.U.*	*µg.*	*mg.*	%
243a	16·2	73	8	0·7	0	120	30	7
243b	16·2	73	8	0·7	0	120	30	25
243c	16·2	73	8	0·7	0	120	20	25
243d	16·2	73	8	0·7	0	120	15	25
243e	16·2	73	8	0·7	0	120	10	25
243f	16·2	73	8	0·7	0	120	7	25
244	2·5	14	44	1·9	0	60	30	50
245	2·5	21	—	—	13,000c	100	65	25
246	3·9	20	56	0·4	0	35	40	35
247	3·4	17	59	0·4	0	35	25	35
248	3·5	24	—	—	10,000c	120	100	25
249	0·6	14	222	1·6	5,000c	120	60	15
250a	33·6	231	14	1·4	0	—	30	0
250b	33·6	231	14	1·4	0	—	20	0
250c	33·6	231	14	1·4	0	—	15	0
250d	33·6	231	14	1·4	0	—	10	0
250e	33·6	231	14	1·4	0	—	7	0
251	1·3	11	28	0·6	700c	100	30	0
252	7·5	55	40	0·8	420c	70	15	0
253	1·8	10	35	0·5	600c	25	5	0
254	16·0	88	55	2·5	500c	60	3	0
255	5·7	28	35	0·6	0	35	5	0
256	1·3	19	30	0·7	400c	50	35	0
257	1·6	8	30	0·2	20,000c	30	5	0
258	0·6	4	60	0·3	0	10	2	0
259	5·5	26	70	0·3	200c	65	5	0
260	5·8	42	25	1·0	500c	250	15	0
261	16·2	94	45	1·7	170c	120	0	0
262	14·6	65	38	0·4	0	60	5(1)	0
263	1·0	12	—	—	7,000c	30	25	0
264	1·0	12	—	—	7,000c	30	25	0
265	2·4	12	40	0·3	0	20	20	0
266	1·8	9	55	0·3	0	20	15	0
267	41·0	250	180	6·7	0	450	0	0
268	47·9	287	39	7·6	50c	450	0	0
269	50·9	292	33	5·4	200c	450	0	0
270	50·0	298	61	4·7	200c	450	0	0
271	13·3	426	218	6·9	0	660	0	0
272	17·2	335	253	9·7	0	870	0	0

AND PRESERVES

made and some commercial jams contain more than 20 per cent. fruit.

273	68·8	277	5	0·4	0	0	0	0
274	78·7	315	14	0	0	0	0	0
275	94·9	380	1	0	0	0	0	0
276	60·5	247	495	9·2	0	—	0	0
277	71·1	286	26	1·4	0	0	0	0

(1) Refers to potatoes canned during spring.

* The letter c after the value indicates that the sole source of vitamin A potency is carotene.

Table I—*contd.* **Composition of the " edible portion " per 100 g.**

SUGAR, SWEETS AND

No.	*Food*	*Water*	*Protein*	*Fat*
		g.	*g.*	*g.*
278	Chocolate, milk	1	7·4	34·1
279	plain	0	4·6	32·5
280	Cocoa	3	20·4	25·6
281	Sweets, boiled	3	0	0
282	Toffee	8	3·0	20·0
283	Jam, blackcurrant	29	0·2	0
284	gooseberry and strawberry	29	0·2	0
285	blackberry, raspberry and redcurrant jelly	29	0·2	0
286	others	29	0·2	0
287	Marmalade	29	0·2	0
288	Lemon curd	35	1·0	3·0

FOOD

The values given for vitamins in food concentrates, except food yeast, refer

289	Blackcurrant, puree	56	0·6	0
290	syrup	42	0	0
291	Cod liver oil, Ministry of Food	0	0	100·0
292	Orange juice, Ministry of Food	37	0	0
293	Rose hip syrup	37	0·6	0
294	Yeast, edible, food	8	43·1	2·4

BEERS

In assessing the energy value of beer one gramme

No.	*Food*	*Water*	*Protein*	*Fat*
		g.	*g.*	*g.*
295	Beer, mild	—	0·2	0
296	bitter	—	0·2	0
297	Stout	—	0·5	0
298	Ale, strong	—	0·5	0

APPENDIX TO TABLE I: VITAMIN D AND RIBOFLAVIN

VITAMIN D

The foods listed below are the most important food sources of vitamin D. The contribution made by other foods, except fish liver oil concentrates, to the vitamin D content of human diets is small.

	Vitamin D
	I.U.
Milk, fresh, whole	1·0
condensed, whole, sweetened U.K.	2·6
unsweetened U.K.	3·5
U.S.A.	3·5
powder, whole	10
Cheese	15
Butter, Empire, imported	60
Dripping	30
Margarine	200
Egg, whole, fresh	60
dried	240
Cod liver oil, Ministry of Food	20,000
Mackerel	700
Salmon, canned	600
Sardines, canned	1,000
Herring, fresh and cured	850
canned	170

PRESERVES—*contd.*

No.	Carbohydrate	Calories	Calcium	Iron	Vitamin A* potency	Vitamin B_1	Vitamin C	Wastage
	g.		*mg.*	*mg.*	*I.U.*	*µg.*	*mg.*	%
278	47·1	525	175	1·7	—	120	0	0
279	52·8	522	26	3·3	75c	90	0	0
280	31·5	438	51	14·3	150c	120	0	0
281	92·2	369	0	0	0	0	0	0
282	65·0	452	80	0	100	—	0	0
283	62·1	249	12	—	20c	2	20	0
284	62·1	249	12	—	20c	2	5	0
285	62·1	249	12	—	20c	2	3	0
286	62·1	249	12	—	20c	2	1	0
287	62·1	249	12	—	—	2	7	0
288	56·0	255	5	—	45	0	0	0

* The letter c after the value indicates that the sole source of vitamin A potency is carotene.

CONCENTRATES

to the guaranteed minimum quoted on the label or in the official specification.

289	36·0	146	30	2·0	—	—	65	0
290	46·0	184	20	2·0	—	—	55	0
291	0	900	—	—	100,000	—	—	0
292	50·0	200	—	—	—	—	160	0
293	50·0	202	—	—	—	—	150	0
294	3·0	206	127	20·0	0	2,000	0	0

of alcohol has been assumed to provide 7 Calories.

No.	Carbohydrate	Alcohol	Calories	Calcium	Iron	Vitamin A potency	Vitamin B_1	Vitamin C	Wastage
	g.	*g.*		*mg.*	*mg.*	*I.U.*	*µg.*	*mg.*	%
295	1·7	3·0	29	10	0·1	0	4	0	0
296	1·7	4·3	38	10	0·1	0	4	0	0
297	3·5	4·1	45	5	0·1	0	4	0	0
298	3·5	5·8	57	5	0·1	0	10	0	0

VALUES FOR CERTAIN FOODS PER 100 g. "EDIBLE PORTION"

RIBOFLAVIN

The foods listed below are the most important sources of riboflavin in European human diets.

	Riboflavin *µg.*
Milk, fresh, whole or skimmed	150
condensed, whole, sweetened, U.K.	370
unsweetened, U.K.	370
U.S.A.	370
skimmed, sweetened	430
powder, whole	1,150
skimmed	1,600
Cheese	500
Flour, National, 85% extraction	200
Meat, muscle	250
Fish	150
Liver	3,000
Egg, whole, fresh	400
dried	1,300
Fruit	30
Vegetables, green, potatoes and roots	50
Pulses, dry	300
Yeast, edible, food	5,000

TABLE II—COMPOSITION OF FOODS

The explanatory notes given in the introduction to the Tables, and at the head

CEREALS AND

No.	Food	Protein	Fat
		g.	g.
1	Bread, brown, 1943 average, unfortified	8·5	1·3
2	National, made with flour, item No. 11	8·5	1·2
2a	National, made with flour, item No. 11a	8·6	1·0
3	Flour, English, 100% extraction, unfortified	9·1	2·3
4	85% extraction, fortified with Ca	8·8	1·5
5	70% extraction, unfortified	8·1	1·0
6	Manitoba, 100% extraction, unfortified	13·9	2·6
7	85% extraction, fortified with Ca	13·9	1·7
8	70% extraction, unfortified	13·1	1·2
9	Canada Approved	14·5	2·2
10	Canada, G.R., fortified with vitamin B_1	14·2	1·6
11	U.K., 1943 average, 85% extraction, fortified with Ca	11·7	1·6
11a	U.K., Feb.–Mar., 1945 average, 80% extraction, fortified with Ca	11·9	1·4
12	Cornflour	0·7	0·3
13	Macaroni, spaghetti, noodles	10·7	2·0
14	Oatmeal	12·1	8·7
15	Pearl barley	7·7	1·7
16	Rice, highly milled	6·2	1·0
17	Rye, 60 to 65% extraction	4·6	1·8
18	wholemeal	8·3	2·8
19	Sago	0·3	0·2
20	Semolina	10·7	1·8
21	Tapioca	0·4	0·1
22	Wheat products, processed, bran	10·9	4·2
23	germ	32·0	7·7
24	puffed	13·7	2·3
25	shredded	12·3	2·3
26	flaked	13·9	2·3
	Typical Biscuits, Cakes and Meat Pies		
27	Biscuits, chocolate	12·0	20·0
28	oatmeal	10·0	25·0
29	plain (water)	12·0	3·0
30	sweet	7·0	24·0
31	Cakes, buns, plain	8·0	7·0
32	doughnuts	8·0	15·0
33	scones	8·0	10·0
34	sponge	10·0	5·0
35	fruit, plain and rock, good quality	8·0	18·0
36	fruit, plain and rock, poorer quality	7·0	11·0
37	Meat pies and sausage rolls	11·0	23·0

MEAT, MEAT OFFALS

	Beef		
38	Carcase as a whole	12·5	23·2
	Cuts for roasting and grilling		
39	Ribs	11·6	27·4
40	Sirloin	13·6	19·6
41	Topside	17·0	19·0
42	Silverside	13·8	15·4
43	Top rump	16·5	18·4
44	Steak	14·0	29·0

"AS PURCHASED" PER 100 GRAMMES

of the various sections in Table I, must be consulted also when Table II is used.

CEREAL PRODUCTS

No.	Carbo-hydrate	Calories	Calcium	Iron	Vitamin A potency	Vitamin B_1	Vitamin C
	g.		mg.	mg.	I.U.	µg.	mg.
1	50·4	247	18	2·1	0	183 (1)	0
2	51·4	250	57	1·8	0	185 (2)	0
2a	51·4	249	59	1·2	0	150 (1, 2)	0
3	68·1	330	36	3·1	0	294 (1)	0
4	73·6	343	88	2·3	0	258 (1)	0
5	76·2	346	19	1·4	0	87 (1)	0
6	64·3	336	28	3·9	0	363 (1)	0
7	69·0	347	81	2·9	0	282 (1)	0
8	71·6	350	13	1·8	0	69 (1)	0
9	68·6	352	17	1·4	0	238 (1)	0
10	68·3	344	15	1·2	0	284 (1)	0
11	71·0	345	79	2·5	0	300 (2)	0
11a	71·0	344	82	1·6	0	243 (1, 2)	0
12	86·0	350	38	0·3	0	—	0
13	69·3	338	26	1·4	0	75	0
14	65·5	389	55	4·1	0	450	0
15	73·2	339	10	0·7	0	120	0
16	78·1	346	4	0·4	0	80	0
17	76·7	341	19	2·9	0	—	0
18	68·3	332	57	4·0	0	—	0
19	84·6	341	10	1·2	0	0	0
20	69·8	338	18	1·0	0	90	0
21	85·5	345	8	0·3	0	0	0
22	54·5	299	98	12·9	0	—	0
23	37·8	349	58	9·7	—	2,100	0
24	66·1	340	34	4·7	0	15	0
25	67·1	338	26	4·2	0	200	0
26	66·0	340	34	4·9	0	40	0
27	61·0	472	60	4·2	0	35	0
28	55·0	485	45	2·7	0	160	0
29	75·0	375	80	2·1	0	130	0
30	59·0	480	50	1·2	0	65	0
31	48·0	287	50	1·0	0	150	0
32	42·0	335	50	1·7	0	85	0
33	40·0	282	115	1·5	0	160	0
34	57·0	313	50	2·0	300	120	0
35	48·0	386	60	1·7	270	110	0
36	46·0	311	65	2·4	—	—	0
37	28·0	363	15	2·0	0	100	0

AND MEAT PRODUCTS

38	0	259	8	3·3	42	66	0
39	0	293	8	3·3	42	66	0
40	0	231	9	3·4	43	68	0
41	0	239	10	4·0	50	80	0
42	0	194	8	3·2	41	65	0
43	0	232	10	3·9	49	78	0
44	0	317	10	4·0	50	80	0

(1) Laboratory milled samples. (2) Commercial samples.

Table II—*contd.* **Composition of foods " as purchased " per 100 g.**

No.	Food	Protein	Fat
		g.	g.
	Beef—*contd.*		
	Cuts for stewing		
45	Shin	10·5	5·5
46	Shank, leg or hind shin	10·4	8·7
47	Stewing steak	17·0	16·0
	Cuts for boiling and salting		
48	Brisket, before salting	13·0	38·0
49	Silverside, before salting	17·0	17·0
	Veal		
50	Carcase as a whole, bobby	13·1	4·4
51	milk fed	13·3	13·3
	Mutton and Lamb		
52	Carcase as a whole	10·8	25·7
	Cuts for roasting		
53	Leg	13·6	16·2
54	Loin and chops	12·9	25·8
55	Best end	11·9	23·8
56	Shoulder	11·1	25·5
	Cuts for stewing		
57	Scrag end	12·8	15·3
58	Middle neck and breast	10·2	32·3
	Pork		
59	Carcase as a whole, including head and feet	10·2	34·0
	Cuts for roasting and grilling		
60	Leg	12·6	21·0
61	Loin	10·9	39·1
62	Chops	9·7	42·2
	Cuts for boiling		
63	Belly	9·2	46·9
64	Hock, hand and spring	11·6	22·4
	Bacon		
65	Sides as a whole	9·7	39·6
	Cuts for boiling		
66	Gammon, ham	13·6	25·5
	Rashers		
67	Back	11·4	35·2
68	Streaky	7·7	47·3
69	Gammon	14·6	27·3
70	Fat, American	4·7	69·6
	Canned Meat		
71	Beef, corned	25·0	16·0
72	Pork, corned	20·0	23·0
73	Luncheon meat	15·0	21·0
74	Pork sausage meat	9·0	43·0
75	Tongue	19·0	20·0

MEAT PRODUCTS—*contd.*

No.	Carbo-hydrate	Calories	Calcium	Iron	Vitamin A potency	Vitamin B_1	Vitamin C
	g.		*mg.*	*mg.*	*I.U.*	*µg.*	*mg.*
45	0	92	6	2·2	28	44	0
46	0	120	6	2·3	29	46	0
47	0	212	10	4·0	50	80	0
48	0	394	10	4·0	50	80	0
49	0	221	10	4·0	50	80	0
50	0	92	7	1·5	37	58	0
51	0	173	8	1·6	39	62	0
52	0	275	8	1·7	42	133	0
53	0	200	9	1·7	43	136	0
54	0	284	9	1·8	46	147	0
55	0	262	9	1·7	43	136	0
56	0	274	9	1·7	43	136	0
57	0	189	9	1·7	43	136	0
58	0	332	9	1·7	43	136	0
59	0	347	9	0·9	0	612	0
60	0	239	8	0·8	0	605	0
61	0	396	9	0·9	0	655	0
62	0	419	9	0·9	0	634	0
63	0	459	9	0·9	0	662	0
64	0	248	8	0·8	2	598	0
65	0	395	9	0·9	0	528	0
66	0	284	9	0·9	0	510	0
67	0	362	9	0·9	0	528	0
68	0	457	9	0·9	0	516	0
69	0	304	9	0·9	0	546	0
70	0	645	9	0·9	0	282	0
71	0	244	10	11·0	0	0	0
72	0	287	10	2·0	0	450	0
73	0	249	10	2·0	0	450	0
74	1·0	427	10	2·0	0	450	0
75	0	256	10	3·0	0	280	0

Table II—*contd.* **Composition of foods " as purchased " per 100 g.**

MEAT, MEAT OFFALS AND

No.	*Food*	*Protein*	*Fat*
		g.	*g.*
	Dried Meat		
76	Dried meat	50·0	40·0
	Meat Offals, Poultry, Sausages, etc.		
77	Duck, plucked and drawn	13·3	5·6
78	Fowl, plucked and drawn	12·6	4·9
79	Heart	16·0	11·0
80	Kidney	16·0	7·0
81	Liver, calf	17·0	6·0
82	ox	17·0	6·0
83	pig	17·0	6·0
84	sheep	17·0	6·0
85	Meat paste	12·0	8·0
86	Sausages, beef	11·5	13·0
87	pork	10·5	18·0
88	Sheep's head	6·5	14·5
89	Rabbit, skinned and gutted	16·6	5·0

FISH—FRESH, CURED

No.	*Food*	*Protein*	*Fat*
		g.	*g.*
	Fresh Fish		
90	I.* Cod, haddock, pollack, saithe	7·2	0·2
	II. Cod, haddock, pollack, saithe	10·4	0·3
91	I.* Ling	8·0	0·3
	II. Ling	9·6	0·3
92	I and II. Whiting	7·2	0·2
93	I.* Skate, ray	7·2	0·5
	II. Skate, ray	15·2	1·0
94	I.* Plaice	7·2	0·9
	II. Plaice	8·0	1·0
95	I.* Sole, turbot, brill, dab	8·0	1·0
	II. Sole, turbot, brill, dab	8·8	1·1
96	I* and II. Bass, bream, mullet, redfish	8·0	1·5
97	I.* Catfish	6·4	1·2
	II. Catfish	8·8	1·7
98	I.* Hake	10·4	2·0
	II. Hake	11·2	2·1
99	I.* Dogfish	5·9	2·3
	II. Dogfish	11·7	4·5
100	I.* Eel, conger	8·0	2·5
	II. Eel, conger	9·6	3·0
101	I.* Halibut	8·0	2·5
	II. Halibut	8·8	2·8

I.—As landed. An asterisk indicates that the fish is landed gutted. See note, pp. 12-13.
II.—As purchased.

MEAT PRODUCTS—*contd.*

No.	*Carbo-hydrate*	*Calories*	*Calcium*	*Iron*	*Vitamin A potency*	*Vitamin B_1*	*Vitamin C*
	g.		*mg.*	*mg.*	*I.U.*	*µg.*	*mg.*
76	0	560	15	12·0	150	120	0
77	0	104	7	—	0	105	0
78	0	95	7	2·6	0	105	0
79	0	163	10	8·0	200	600	0
80	0	127	10	13·4	1,000	240	0
81	5·0	142	10	13·9	4,000	400	0
82	5·0	142	10	13·9	15,000	400	0
83	5·0	142	10	13·9	5,000	400	0
84	5·0	142	10	13·9	45,000	400	0
85	9·0	156	—	—	0	—	0
86	13·0	215	30	2·0	10	150	0
87	13·0	256	30	1·0	0	170	0
88	0	157	—	—	25	100	0
89	0	111	8	1·9	0	25	0

AND CANNED

No.	*Carbo-hydrate*	*Cal-ories*	*Cal-cium*	*Iron*	*Vita-min A potency*	*Vita-min B_1*	*Vita-min C*	*Cut purchased*
	g.		*mg.*	*mg.*	*I.U.*	*µg.*	*mg.*	
90	0	31	11	0·5	0	27	0	
	0	44	16	0·7	0	39	0	Steaks with skin and bone.
91	0	35	13	0·5	0	30	0	
	0	41	15	0·6	0	36	0	Steaks with skin and bone.
92	0	31	11	0·5	0	27	0	Whole fish.
93	0	33	11	0·5	0	27	0	
	0	70	24	1·0	0	57	0	Some bone, no skin.
94	0	37	11	0·5	0	27	0	
	0	41	13	0·5	0	30	0	Head removed.
95	0	41	13	0·5	0	30	0	
	0	45	14	0·6	0	33	0	Head removed.
96	0	46	13	0·5	0	30	0	Whole fish.
97	0	36	10	0·4	0	24	0	
	0	51	14	0·6	0	33	0	Steaks with skin and bone.
98	0	60	16	0·7	0	39	0	
	0	64	18	0·7	0	42	0	Steaks with skin and bone.
99	0	44	11	0·5	0	27	0	
	0	87	23	0·9	0	54	0	Some bone, no skin.
100	0	55	13	0·5	0	30	0	
	0	65	15	0·6	0	36	0	Head removed.
101	0	55	13	0·5	0	30	0	
	0	60	14	0·6	0	33	0	Steaks with skin and bone.

Table II—*contd.* **Composition of foods " as purchased " per 100 g.**

FISH—FRESH, CURED

No.	*Food*	*Protein*	*Fat*
		g.	*g.*
	Fresh Fish—*contd.*		
102	I.* Witch	8·0	2·5
	II. Witch	8·8	2·8
103	I. Mackerel	8·0	4·0
	II. Mackerel	9·6	4·8
104	I. Eel, freshwater, brown	8·0	4·0
	II. Eel, freshwater, brown	9·6	4·8
105	I. silver	6·5	12·5
	II. silver	7·8	15·0
106	I. Trout, sea	10·4	6·5
	II. Trout, sea	11·2	7·0
107	I. Salmon	11·1	9·1
	II. Salmon	11·9	9·8
108a	I and II. Herring, Jan. to Aug.	10·4	9·8
108b	I and II. Sept. to Dec.	9·6	4·8
109a	I and II. Sprats, Oct. to Dec.	7·0	6·5
109b	I and II. Jan. to March	7·0	4·0
	Roe and Milt		
110	Roe, cod	20·0	2·0
111	herring	24·0	3·0
112	Milt, herring	31·0	2·0
	Shellfish and Molluscs		
113	I and II. Cockles	2·2	0·1
114	I and II. Crab	8·0	1·6
115	I and II. Lobster	9·0	1·8
116	I and II. Mussels	3·6	0·6
117	I and II. Oysters	1·0	0·2
118	I and II. Scallops	3·6	0·2
119	I and II. Shrimps and prawns	9·5	0·9
120	I and II. Whelks	7·2	0·8
121	I and II. Winkles	3·0	0·2
	Cured Fish		
122	II. Bloater	12·6	10·5
123	II. Cod, hard, dried	27·3	1·0
124	II. wet, salt	12·1	0·3
125	II. Haddock, smoked	9·9	0·3
126	II. Herring, red	9·8	11·1
127	II. salt	9·8	11·1
128	II. Kipper	11·4	9·6

I.—As landed. An asterisk indicates that the fish is landed gutted. See note, pp. 12-13.
II.—As purchased.

AND CANNED—*contd.*

No.	Carbohydrate	Calories	Calcium	Iron	Vitamin A potency	Vitamin B_1	Vitamin C	Cut purchased
	g.		mg.	mg.	I.U.	µg.	mg.	
102	0	55	13	0·5	0	30	0	
	0	60	14	0·6	0	33	0	Head removed.
103	0	68	13	0·5	0	30	0	
	0	82	15	0·6	0	36	0	Head removed.
104	0	68	13	0·5	0	30	0	
	0	82	15	0·6	0	36	0	Head removed.
105	0	139	13	0·5	0	30	0	
	0	166	15	0·6	0	36	0	Head removed.
106	0	100	16	0·7	0	39	0	
	0	108	18	0·7	0	42	0	Steaks with skin and bone.
107	0	126	16	0·7	0	39	0	
	0	136	18	0·7	0	42	0	Steaks with skin and bone.
108a	0	130	65	1·0	98	7	0	Whole fish.
108b	0	82	60	0·9	90	6	0	Whole fish.
109a	0	87	200	2·0	—	—	—	Whole fish.
109b	0	64	200	2·0	—	—	—	Whole fish.

No.	Carbohydrate	Calories	Calcium	Iron	Vitamin A potency	Vitamin B_1	Vitamin C
	g.		mg.	mg.	I.U.	µg.	mg.
110	0	98	15	1·0	—	1,500	0
111	0	123	15	1·0	—	30	0
112	0	142	15	1·0	—	30	0
113	1·2	15	25	5·2	—	—	—
114	0	46	18	0·4	—	—	—
115	0·9	56	20	0·5	—	—	—
116	0·6	22	27	1·8	—	—	—
117	0·6	8	19	0·6	—	—	—
118	0	16	23	0·6	—	—	—
119	0·5	48	144	0·9	—	—	—
120	0·8	39	22	2·4	—	—	—
121	1·0	18	27	3·0	—	—	—
122	0	145	84	1·4	112	7	0
123	0	118	42	1·6	0	39	0
124	0	51	19	0·8	0	33	0
125	0	42	17	0·6	0	33	0
126	0	139	65	1·0	91	7	0
127	0	139	65	1·0	91	7	0
128	0	132	72	1·2	108	6	0

Table II—*contd.* **Composition of foods " as purchased " per 100 g.**

FISH—FRESH, CURED

No.	*Food*	*Protein*	*Fat*
		g.	*g.*
	Canned Fish		
129	Crayfish	18·0	1·0
130	Herring, plain	21·0	12·0
131	in tomato	16·0	10·0
132	Mackerel	23·0	8·0
133	Pilchards in tomato	16·0	15·0
134a	Salmon, bones not eaten	19·6	9·8
134b	bones eaten	20·0	10·0
135	Sardines, in oil	20·0	24·0
136	in tomato	20·0	9·0

DAIRY

137a	Milk, fresh, whole, May to Nov.	3·3	3·6
137b	Dec. to April	3·3	3·6
138	skimmed	3·4	0·1
139	condensed, whole, sweetened, U.K.	8·2	9·2
140	unsweetened, U.K. (3)	8·5	9·2
141	U.S.A. (3)	6·9	8·0
142	skimmed, sweetened	9·5	0·5
143	powder, whole	25·6	26·7
144	skimmed	35·8	0·7
145	Butter, Empire, imported	0·5	82·5
146	Cheese, Cheddar type	24·9	34·5

FATS

147	Dripping	0	99·0
148	Edible oil	0	99·9
149	Lard	0	99·0
150	Margarine, vitaminised	0	85·3

EGGS AND

151	Egg, whole, fresh	11·0	10·1
152	dried	45·8	42·0

(3) Known also as evaporated milk.

AND CANNED—*contd.*

No.	Carbo-hydrate	Calories	Calcium	Iron	Vitamin A potency	Vitamin B_1	Vitamin C
	g.		*mg.*	*mg.*	*I.U.*	*µg.*	*mg.*
129	0	81	—	—	—	—	—
130	0	192	100	1·5	30	—	0
131	0	154	100	1·5	30	—	0
132	0	164	100	1·5	—	—	—
133	0	199	300	—	0	—	—
134a	0	167	147	1·5	245	118	0
134b	0	170	300	1·5	250	120	0
135	0	296	400	4·0	270	—	0
136	0	161	400	4·0	270	—	0

PRODUCTS

137a	4·4	63	120	0·1	140	45	1·5 (1) 1·0 (2)
137b	4·4	63	120	0·1	70	45	1·5 (1) 1·0 (2)
138	4·6	33	124	0·1	0	45	1·5
139	49·6	314	290	0·2	370	105	3·0
140	11·5	163	294	0·2	370	65	2·0
141	9·4	137	242	0·2	320	55	2·0
142	55·8	266	320	0·3	20	125	3·0
143	35·6	485	895	0·8	1,070	300	7·0
144	47·9	341	1,225	1·0	30	390	7·0
145	0	745	15	0·1	4,000	0	0
146	0	410	810	0·6	1,300	30	0
147	0	891	1	0·1	100	0	0
148	0	899	0	0·1	0	0	0
149	0	891	0	0·1	0	0	0
150	0	768	4	0·3	2,000	0	0

EGG PRODUCTS

151	0·8	138	53	2·6	880	132	0
152	3·2	574	219	11·0	3,000	400	0

(1) As produced. (2) As purchased.

No.	Food	Protein	Fat
		g.	*g.*
	Fresh Fruit		
153	Apples, cooking	0·2	0
154	eating	0·2	0
155	Apricots	0·6	0
156	Bananas	0·7	0
157	Bilberries	0·5	0
158	Blackberries	1·3	0
159	Cherries, eating	0·5	0
160	Cranberries	0·4	0
161	Currants, black	0·9	0
162	red	1·1	0
163	Damsons	0·5	0
164	Gooseberries, cooking	1·1	0
165	eating	0·6	0
166	Grapes, white	0·5	0
167	Grapefruit	0·3	0
168	Greengages	0·8	0
169	Lemons, whole	0·1	0
170	Loganberries	1·1	0
171	Oranges	0·6	0
172	Peaches	0·5	0
173	Pears, eating	0·2	0
174	Pineapples	0·3	0
175	Plums, red and yellow	0·6	0
176	Victoria	0·6	0
177	Raspberries	0·9	0
178	Rhubarb	0·5	0
179	Strawberries	0·6	0
180	Tomatoes	0·8	0
	Canned Fruit for Domestic Use		
	Total Contents of Tin		
181	Apples	0·3	0
182	Apricots	0·4	0
183	Blackberries	0·7	0
184	Cherries	0·4	0
185	Currants, black	0·5	0
186	Damsons	0·3	0
187	Gooseberries	0·7	0
188	Grapefruit	0·5	0
189	Greengages	0·5	0
190	Loganberries	0·7	0
191	Peaches	0·4	0
192	Pears	0·2	0
193	Pineapples	0·3	0
194	Plums	0·4	0
195	Rhubarb	0·4	0
196	Raspberries	0·6	0
197	Strawberries	0·4	0
198	Tomatoes, solid pack	0·9	0

AND DRIED—AND NUTS

No.	Carbohydrate	Calories	Calcium	Iron	Vitamin A* potency	Vitamin B_1	Vitamin C
	g.		mg.	mg.	I.U.	µg.	mg.
153	6·9	28	3	0·2	32c	36	4
154	8·4	34	3	0·2	32c	36	4
155	5·5	24	16	0·4	690c	28	9
156	10·4	44	4	0·2	48c	30	6
157	5·5	24	25	0·5	150c	—	15
158	5·8	28	63	0·9	300c	20	20
159	9·3	39	14	0·3	174c	44	4
160	3·2	14	15	1·1	—	—	—
161	5·9	27	60	1·3	90c	45	200
162	4·0	20	36	1·2	25c	45	45
163	7·7	33	22	0·4	—	45	5
164	3·1	17	28	0·3	200c	45	40
165	8·3	36	19	0·6	200c	45	40
166	13·1	54	17	0·3	45c	27	5
167	2·4	11	9	0·2	10c	35	20
168	10·0	43	16	0·4	376c	42	5
169	0·5	2	3	0	0	11	18
170	3·1	17	35	1·4	70c	20	30
171	5·8	26	31	0·2	225c	56	41 (1)
172	7·1	30	4	0·3	653c	17	9
173	7·1	29	5	0·2	8c	15	2
174	5·2	22	6	0·2	50c	38	10
175	5·3	24	13	0·3	376c	42	3
176	8·1	35	10	0·4	376c	42	3
177	5·0	24	41	1·2	70c	20	30
178	0·7	5	77	0·3	0	15	8
179	5·4	24	21	0·7	15c	19	58
180	2·1	12	11	0·3	2,550c	51	21
181	8·3	34	4	0·4	40c	45	4
182	12·2	50	13	0·5	500c	20	5
183	16·2	68	38	1·0	150c	10	8
184	16·2	66	11	2·8	92c	23	2
185	16·4	68	36	1·5	45c	20	90
186	15·7	64	16	0·8	338c	24	2
187	14·7	62	19	0·5	100c	20	18
188	12·6	52	19	0·5	15c	45	25
189	16·9	70	13	0·5	192c	19	2
190	15·3	64	22	2·0	35c	10	12
191	13·7	56	7	0·6	500c	10	5
192	12·5	51	9	0·6	5c	10	1
193	17·3	70	10	0·8	65c	50	10
194	16·1	66	12	1·4	192c	24	2
195	14·5	60	56	0·8	0	5	5
196	16·1	67	26	2·0	35c	10	12
197	15·9	65	15	1·5	5c	10	25
198	2·5	14	13	0·4	3,000c	50	15

(1) Whole Seville oranges have a vitamin C value of 26.

* The letter c after the value indicates that the sole source of vitamin A potency is carotene.

Table II—*contd.* **Composition of foods " as purchased " per 100 g.**

FRUITS—FRESH, CANNED AND

No.	*Food*	*Protein*	*Fat*
		g.	*g.*
	Canned Fruit for Service Use Total Contents of Tin		
199	Blackberries	0·7	0
200	Damsons	0·3	0
201	Gooseberries	0·7	0
202	Loganberries	0·7	0
203	Plums	0·4	0
	Dried Fruit		
204	Apples	2·0	0
205	Apricots	4·8	0
206	Currants	1·7	0
207	Dates	1·7	0
208	Figs	3·6	0
209	Prunes	2·0	0
210	Raisins	1·0	0
211	Sultanas	1·7	0
	Nuts		
212	Almonds	7·2	18·7
213	Barcelona nuts	7·7	38·4
214	Brazil nuts	6·2	27·7
215	Chestnuts	1·8	2·2
216	Cobnuts	3·2	12·6
217	Coconut	2·7	25·2
218a	Peanuts, with skin	19·7	34·3
218b	roasted	28·1	49·0
219	Walnuts, ripe	7·5	30·9

VEGETABLES—FRESH AND

	Fresh Vegetables		
220	Asparagus	0·4	0
221	Beans, broad	1·8	0·1
222	French	1·0	0
223	runner	0·8	0
224	Beetroot	1·2	0
225	Brussels sprouts	3·3	0
226	Cabbage	1·1	0
227a	Carrots, July to August	0·7	0
227b	Sept. onwards	0·6	0
228	Cauliflower	1·7	0
229	Celery	0·7	0
230	Cucumber	0·5	0
231	Endive	1·2	0
232	Horseradish	2·0	0
233	Kale	2·7	0
234	Leeks	1·3	0
235	Lettuce	0·9	0
236	Marrow	0·3	0
237	Mushrooms	1·4(1)	0
238	Onions, bulb	0·9	0
239	spring	0·7	0

(1) Protein nitrogen multiplied by 6·25.

DRIED—AND NUTS—*contd.*

No.	Carbo-hydrate	Calories	Calcium	Iron	Vitamin A* potency	Vitamin B_1	Vitamin C
	g.		*mg.*	*mg.*	*I.U.*	*µg.*	*mg.*
199	20·5	85	38	1·0	150c	10	8
200	19·4	79	16	0·8	338c	24	2
201	19·0	79	19	0·5	100c	20	18
202	19·5	81	22	2·0	35c	10	12
203	19·9	81	12	1·4	192c	24	2
204	44·1	184	30	2·0	100c	0	0
205	39·1	176	92	4·1	5,000c	0	0
206	56·8	234	95	1·8	50c	0	0
207	49·5	205	58	1·4	86c	0	0
208	47·6	205	284	4·2	90c	0	0
209	30·1	129	32	2·4	2,075c	0	0
210	53·4	217	56	1·5	50c	0	0
211	58·2	240	52	1·8	46c	0	0
212	1·4	203	86	1·5	0	84	0
213	2·8	388	102	1·8	0	—	0
214	1·7	281	79	1·3	0	—	0
215	26·3	132	37	0·7	0	—	0
216	2·1	135	15	0·4	0	—	0
217	2·3	247	9	1·5	0	—	0
218a	5·4	409	43	1·4	0	630	0
218b	7·7	584	61	2·0	0	240	0
219	2·7	319	37	1·4	0	180	0

CANNED—AND PULSES

220	0·5	4	6	0·2	140c	36	12
221	2·4	18	8	0·3	—	—	8
222	2·5	14	31	0·7	570c	71	10
223	2·0	11	25	0·5	450c	56	15
224	5·3	26	21	0·6	0	23	7
225	3·0	25	20	0·9	300c	90	75
226	3·5	18	46	0·7	630c	53	49
227a	4·7	22	46	0·6	9,500c	57	10
227b	3·9	18	38	0·5	16,000c	48	8
228	2·1	15	—	0·6	0	70	49
229	0·9	6	39	0·5	0	23	4
230	1·2	7	17	0·2	0	34	8
231	0·6	7	29	1·8	—	39	13
232	4·5	26	54	0·9	—	—	59
233	3·2	24	140	1·8	5,600c	84	91
234	2·0	13	25	0·7	350c	50	10
235	1·3	9	21	0·6	3,200c	60	12
236	2·0	9	—	—	20c	29	3
237	0	6	2	0·8	—	68	0
238	4·5	22	29	0·3	0	29	10
239	6·2	28	108	1·0	560c	16	16

* The letter c after the value indicates that the sole source of vitamin A potency is carotene.

Table II—*contd.* **Composition of foods " as purchased " per 100 g.**

No.	*Food*	*Protein*	*Fat*
		g.	*g.*
	Fresh Vegetables—*contd.*		
240	Parsley	5·2	0
241	Parsnips	1·1	0
242	Peas, green	2·3	0
243a	Potatoes, early	1·9	0
243b	main crop, before Oct.	1·5	0
243c	Oct. and Nov.	1·5	0
243d	Dec.	1·5	0
243e	Jan. and Feb.	1·5	0
243f	March and onwards	1·5	0
244	Radishes	0·5	0
245	Spinach	2·0	0
246	Swedes	0·7	0
247	Turnips	0·5	0
248	Turnip tops	1·9	0
249	Watercress	2·5	0
	Potatoes, Chip		
250a	Potatoes, chip, early, and main crop before Oct.	3·8	9·0
250b	Oct. and Nov.	3·8	9·0
250c	Dec.	3·8	9·0
250d	Jan. and Feb.	3·8	9·0
250e	March and onwards	3·8	9·0
	Canned Vegetables (not Including Liquor)		
251	Asparagus	1·5	0
252	Beans, broad	5·2	0·5
253	stringless and runner	0·8	0
254	in tomato sauce, baked	6·0	0
255	Beetroot	1·4	0
256	Brussels sprouts	3·4	0
257	Carrots	0·5	0
258	Celery	0·5	0
259	Parsnips	0·9	0
260	Peas, fresh, garden	4·6	0
261	processed	7·2	0
262	Potatoes	1·6	0
263	Spinach, leaf	2·1	0
264	puree	2·1	0
265	Swedes	0·7	0
266	Turnips	0·5	0
	Pulses		
267	Haricot beans	21·4	0
268	Lentils	23·8	0
269	Peas, split	22·1	0
270	dried	24·5	0
271	Soya bean, full fat flour	40·4	23·5
272	low fat flour and grits	49·4	7·6

CANNED—AND PULSES—*contd.*

No.	Carbo-hydrate	Calories	Calcium	Iron	Vitamin A* potency	Vitamin B_1	Vitamin C
	g.		*mg.*	*mg.*	*I.U.*	*µg.*	*mg.*
240	0	21	325	8·0	13,000c	120	150
241	6·6	31	36	0·4	130c	78	7
242	3·8	24	6	0·8	200c	168	12
243a	15·1	68	7	0·7	0	112	28
243b	12·2	55	6	0·5	0	90	23
243c	12·2	55	6	0·5	0	90	15
243d	12·2	55	6	0·5	0	90	11
243e	12·2	55	6	0·5	0	90	8
243f	12·2	55	6	0·5	0	90	5
244	1·3	7	22	1·0	0	30	15
245	1·9	16	—	—	9,750c	75	49
246	2·5	13	36	0·3	0	23	26
247	2·2	11	38	0·3	0	23	16
248	2·6	18	—	—	7,500c	90	75
249	0·5	12	189	1·4	4,250c	102	51
250a	33·6	231	14	1·4	0	—	30
250b	33·6	231	14	1·4	0	—	20
250c	33·6	231	14	1·4	0	—	15
250d	33·6	231	14	1·4	0	—	10
250e	33·6	231	14	1·4	0	—	7
251	1·3	11	28	0·6	700c	100	30
252	7·5	55	40	0·8	420c	70	15
253	1·8	10	35	0·5	600c	25	5
254	16·0	88	55	2·5	500c	60	3
255	5·7	28	35	0·6	0	35	5
256	1·3	19	30	0·7	400c	50	35
257	1·6	8	30	0·2	20,000c	30	5
258	0·6	4	60	0·3	0	10	2
259	5·5	26	70	0·3	200c	65	5
260	5·8	42	25	1·0	500c	250	15
261	16·2	94	45	1·7	170c	120	0
262	14·6	65	38	0·4	0	60	5 (1)
263	1·0	12	—	—	7,000c	30	25
264	1·0	12	—	—	7,000c	30	25
265	2·4	12	40	0·3	0	20	20
266	1·8	9	55	0·3	0	20	15
267	41·0	250	180	6·7	0	450	0
268	47·9	287	39	7·6	50c	450	0
269	50·9	292	33	5·4	200c	450	0
270	50·0	298	61	4·7	200c	450	0
271	13·3	426	218	6·9	0	660	0
272	17·2	335	253	9·7	0	870	0

(1) Refers to potatoes canned during spring.

* The letter c after the value indicates that the sole source of vitamin A potency is carotene.

Table II—*contd.* **Composition of foods " as purchased " per 100 g.**

SUGAR, SWEETS

No.	*Food*	*Protein*	*Fat*
		g.	*g.*
273	Honey	0·4	0
274	Glucose, liquid	0	0
275	Sugar	0	0
276	Treacle, black	1·2	0
277	light, golden	0·3	0
278	Chocolate, milk	7·4	34·1
279	plain	4·6	32·5
280	Cocoa	20·4	25·6
281	Sweets, boiled	0	0
282	Toffee	3·0	20·0
283	Jam, blackcurrant	0·2	0
284	gooseberry and strawberry	0·2	0
285	blackberry, raspberry and redcurrant jelly ..	0·2	0
286	others	0·2	0
287	Marmalade	0·2	0
288	Lemon curd	1·0	3·0

FOOD

289	Blackcurrant, puree	0·6	0
290	syrup	0	0
291	Cod liver oil, Ministry of Food	0	100·0
292	Orange juice, Ministry of Food	0	0
293	Rose hip syrup	0·6	0
294	Yeast, edible, food	43·1	2·4

BEERS

No.	*Food*	*Protein*	*Fat*
		g.	*g.*
295	Beer, mild	0·2	0
296	bitter	0·2	0
297	Stout	0·5	0
298	Ale, strong	0·5	0

AND PRESERVES

No.	Carbohydrate	Calories	Calcium	Iron	Vitamin A* potency	Vitamin B_1	Vitamin C
	g.		mg.	mg.	I.U.	µg.	mg.
273	68·8	277	5	0·4	0	0	0
274	78·7	315	14	0	0	0	0
275	94·9	380	1	0	0	0	0
276	60·5	247	495	9·2	0	—	0
277	71·1	286	26	1·4	0	0	0
278	47·1	525	175	1·7	—	120	0
279	52·8	522	26	3·3	75c	90	0
280	31·5	438	51	14·3	150c	120	0
281	92·2	369	0	0	0	0	0
282	65·0	452	80	0	100	—	0
283	62·1	249	12	—	20c	2	20
284	62·1	249	12	—	20c	2	55
285	62·1	249	12	—	20c	2	3
286	62·1	249	12	—	20c	2	1
287	62·1	249	12	—	—	2	7
288	56·0	255	5	—	45	0	0

CONCENTRATES

289	36·0	146	30	2·0	—	—	65
290	46·0	184	20	2·0	—	—	55
291	0	900	—	—	100,000	—	—
292	50·0	200	—	—	—	—	160
293	50·0	202	—	—	—	—	150
294	3·0	206	127	20·0	0	2,000	0

No.	Carbohydrate	Alcohol	Calories	Calcium	Iron	Vitamin A potency	Vitamin B_1	Vitamin C
	g.	g.		mg.	mg.	I.U.	µg.	mg.
295	1·7	3·0	29	10	0·1	0	4	0
296	1·7	4·3	38	10	0·1	0	4	0
297	3·5	4·1	45	5	0·1	0	4	0
298	3·5	5·8	57	5	0·1	0	10	0

* The letter c after the value indicates that the sole source of vitamin A potency is carotene.

TABLE III—COMPOSITION OF FOODS

The explanatory notes given in the introduction to the Tables, and at the head

CEREALS AND

No.	Food	Protein	Fat
		g.	g.
1	Bread, brown, 1943 average, unfortified	2·4	0·4
2	National, made with flour, item No. 11	2·4	0·3
2a	National, made with flour, item No. 11a	2·4	0·3
3	Flour, English, 100% extraction, unfortified	2·6	0·7
4	85% extraction, fortified with Ca	2·5	0·4
5	70% extraction, unfortified	2·3	0·3
6	Manitoba, 100% extraction, unfortified	3·9	0·7
7	85% extraction, fortified with Ca	3·9	0·5
8	70% extraction, unfortified	3·7	0·3
9	Canada Approved	4·1	0·6
10	Canada, G.R., fortified with vitamin B_1	4·0	0·5
11	U.K., 1943 average, 85% extraction, fortified with Ca	3·3	0·5
11a	U.K. Feb.–Mar., 1945 average, 80% extraction, fortified with Ca	3·4	0·4
12	Cornflour	0·2	0·1
13	Macaroni, spaghetti, noodles	3·0	0·6
14	Oatmeal	3·4	2·5
15	Pearl barley	2·2	0·5
16	Rice, highly milled	1·8	0·3
17	Rye, 60 to 65% extraction	1·3	0·5
18	wholemeal	2·4	0·8
19	Sago	0·1	0·1
20	Semolina	3·0	0·5
21	Tapioca	0·1	0
22	Wheat products, processed, bran	3·1	1·2
23	germ	9·1	2·2
24	puffed	3·9	0·7
25	shredded	3·5	0·7
26	flaked	3·9	0·7
	Typical Biscuits, Cakes and Meat Pies		
27	Biscuits, chocolate	3·4	5·7
28	oatmeal	2·8	7·1
29	plain (water)	3·4	0·9
30	sweet	2·0	6·8
31	Cakes, buns, plain	2·3	2·0
32	doughnuts	2·3	4·3
33	scones	2·3	2·8
34	sponge	2·8	1·4
35	fruit, plain and rock, good quality	2·3	5·1
36	fruit, plain and rock, poorer quality	2·0	3·1
37	Meat pies and sausage rolls	3·1	6·5

MEAT, MEAT OFFALS

	Beef		
38	Carcase as a whole	3·6	6·6
	Cuts for roasting and grilling		
39	Ribs	3·3	7·8
40	Sirloin	3·9	5·6
41	Topside	4·8	5·4
42	Silverside	3·9	4·4
43	Top rump	4·7	5·2
44	Steak	4·0	8·2

"AS PURCHASED" PER OZ.

of the various sections in Table I, must be consulted also when Table III is used.

CEREAL PRODUCTS

No.	Carbo-hydrate	Calories	Calcium	Iron	Vitamin A potency	Vitamin B_1	Vitamin C
	g.		mg.	mg.	I.U.	µg.	mg.
1	14·3	70	5	0·6	0	52 (1)	0
2	14·6	71	16	0·5	0	53 (2)	0
2a	14·6	70	17	0·3	0	42 (1, 2)	0
3	19·3	94	10	0·9	0	84 (1)	0
4	20·9	97	25	0·7	0	72 (1)	0
5	21·6	98	5	0·4	0	24 (1)	0
6	18·3	95	8	1·1	0	102 (1)	0
7	19·6	99	23	0·8	0	81 (1)	0
8	20·3	99	4	0·5	0	21 (1)	0
9	19·5	100	5	0·4	0	68 (1)	0
10	19·4	98	4	0·3	0	81 (1)	0
11	20·2	99	22	0·7	0	85 (2)	0
11a	20·2	98	23	0·5	0	69 (1, 2)	0
12	24·4	99	11	0·1	0	—	0
13	19·7	96	7	0·4	0	21	0
14	18·6	111	16	1·2	0	128	0
15	20·8	97	3	0·2	0	34	0
16	22·2	99	1	0·1	0	23	0
17	21·8	97	5	0·8	0	—	0
18	19·4	94	16	1·1	0	—	0
19	24·0	97	3	0·3	0	0	0
20	19·8	96	5	0·3	0	26	0
21	24·3	98	2	0·1	0	0	0
22	15·5	85	28	3·7	0	—	0
23	10·7	99	16	2·8	—	596	0
24	18·8	97	10	1·3	0	4	0
25	19·1	97	7	1·2	0	57	0
26	18·7	97	10	1·4	0	11	0
27	17·3	134	17	1·2	0	10	0
28	15·6	138	13	0·8	0	45	0
29	21·3	107	23	0·6	0	37	0
30	16·8	136	14	0·3	0	18	0
31	13·6	82	14	0·3	0	43	0
32	11·9	96	14	0·5	0	24	0
33	11·4	80	33	0·4	0	45	0
34	16·2	89	14	0·6	85	34	0
35	13·6	110	17	0·5	77	31	0
36	13·1	88	18	0·7	—	—	0
37	8·0	103	4	0·6	0	28	0

AND MEAT PRODUCTS

38	0	74	2	0·9	12	19	0
39	0	83	2	0·9	12	19	0
40	0	66	3	1·0	12	19	0
41	0	68	3	1·1	14	23	0
42	0	55	2	0·9	12	18	0
43	0	66	3	1·1	14	22	0
44	0	90	3	1·1	14	23	0

(1) Laboratory milled samples. (2) Commercial samples.

Table III—*contd.* **Composition of foods " as purchased " per oz.**

MEAT, MEAT OFFALS AND

No.	*Food*	*Protein*	*Fat*
		g.	*g.*
	Beef—*contd.*		
	Cuts for stewing		
45	Shin	3·0	1·6
46	Shank, leg, or hind shin	3·0	2·5
47	Stewing steak	4·8	4·5
	Cuts for boiling and salting		
48	Brisket, before salting	3·7	10·8
49	Silverside, before salting	4·8	4·8
	Veal		
50	Carcase as a whole, bobby	3·7	1·2
51	milk fed	3·8	3·8
	Mutton and Lamb		
52	Carcase as a whole	3·1	7·3
	Cuts for roasting		
53	Leg	3·9	4·6
54	Loin and chops	3·7	7·3
55	Best end	3·4	6·8
56	Shoulder	3·2	7·2
	Cuts for stewing		
57	Scrag end	3·6	4·3
58	Middle neck and breast	2·9	9·2
	Pork		
59	Carcase as a whole, including head and feet	2·9	9·7
	Cuts for roasting and grilling		
60	Leg	3·6	6·0
61	Loin	3·1	11·1
62	Chops	2·8	12·0
	Cuts for boiling		
63	Belly	2·6	13·3
64	Hock, hand and spring	3·3	6·4
	Bacon		
65	Sides as a whole	2·8	11·2
	Cuts for boiling		
66	Gammon, ham	3·9	7·2
	Rashers		
67	Back	3·2	10·0
68	Streaky	2·2	13·4
69	Gammon	4·1	7·8
70	Fat, American	1·3	19·8
	Canned Meat		
71	Beef, corned	7·1	4·5
72	Pork, corned	5·7	6·5
73	Luncheon meat	4·3	6·0
74	Pork sausage meat	2·6	12·2
75	Tongue	5·4	5·7

MEAT PRODUCTS—*contd.*

No.	Carbo-hydrate	Calories	Calcium	Iron	Vitamin A potency	Vitamin B_1	Vitamin C
	g.		*mg.*	*mg.*	*I.U.*	*µg.*	*mg.*
45	0	26	2	0·6	8	12	0
46	0	35	2	0·7	8	13	0
47	0	60	3	1·1	14	23	0
48	0	112	3	1·1	14	23	0
49	0	62	3	1·1	14	23	0
50	0	26	2	0·4	11	16	0
51	0	49	2	0·5	11	18	0
52	0	78	2	0·5	12	38	0
53	0	57	3	0·5	12	39	0
54	0	81	3	0·5	13	42	0
55	0	75	3	0·5	12	39	0
56	0	78	3	0·5	12	39	0
57	0	53	3	0·5	12	39	0
58	0	94	3	0·5	12	39	0
59	0	99	3	0·3	0	174	0
60	0	68	2	0·2	0	172	0
61	0	112	3	0·3	0	186	0
62	0	119	3	0·3	0	180	0
63	0	130	3	0·3	0	188	0
64	0	71	2	0·2	0	170	0
65	0	112	3	0·3	0	150	0
66	0	80	3	0·3	0	145	0
67	0	103	3	0·3	0	150	0
68	0	129	3	0·3	0	147	0
69	0	87	3	0·3	0	155	0
70	0	183	3	0·3	0	80	0
71	0	69	3	3·1	0	0	0
72	0	81	3	0·6	0	128	0
73	0	71	3	0·6	0	128	0
74	0·3	121	3	0·6	0	128	0
75	0	73	3	0·9	0	80	0

Table III—*contd.* **Composition of foods " as purchased " per oz.**

MEAT, MEAT OFFALS AND

No.	*Food*	*Protein*	*Fat*
		g.	*g.*
	Dried Meat		
76	Dried meat	14·2	11·4
	Meat Offals, Poultry, Sausages, etc.		
77	Duck, plucked and drawn	3·8	1·6
78	Fowl, plucked and drawn	3·6	1·4
79	Heart	4·5	3·1
80	Kidney	4·5	2·0
81	Liver, calf	4·8	1·7
82	ox	4·8	1·7
83	pig	4·8	1·7
84	sheep	4·8	1·7
85	Meat paste	3·4	2·3
86	Sausages, beef	3·3	3·7
87	pork	3·0	5·1
88	Sheep's head	1·8	4·1
89	Rabbit, skinned and gutted	4·7	1·4

FISH—FRESH, CURED

No.	*Food*	*Protein*	*Fat*
		g.	*g.*
	Fresh Fish		
90	I.* Cod, haddock, pollack, saithe	2·0	0·1
	II. Cod, haddock, pollack, saithe	3·0	0·1
91	I.* Ling	2·3	0·1
	II. Ling	2·7	0·1
92	I* and II. Whiting	2·0	0·1
93	I.* Skate, ray	2·0	0·1
	II. Skate, ray	4·3	0·3
94	I.* Plaice	2·0	0·3
	II. Plaice	2·3	0·3
95	I.* Sole, turbot, brill, dab	2·3	0·3
	II. Sole, turbot, brill, dab	2·5	0·3
96	I* and II. Bass, bream, mullet, redfish	2·3	0·4
97	I.* Catfish	1·8	0·3
	II. Catfish	2·5	0·5
98	I.* Hake	3·0	0·6
	II. Hake	3·2	0·6
99	I.* Dogfish	1·7	0·7
	II. Dogfish	3·3	1·3
100	I.* Eel, conger	2·3	0·7
	II. Eel, conger	2·7	0·9
101	I.* Halibut	2·3	0·7
	II. Halibut	2·5	0·8
102	I.* Witch	2·3	0·7
	II. Witch	2·5	0·8

I.—As landed. An asterisk indicates that the fish is landed gutted. See note on pp. 12-13.

II.—As purchased.

MEAT PRODUCTS—*contd.*

No.	Carbohydrate	Calories	Calcium	Iron	Vitamin A potency	Vitamin B_1	Vitamin C
	g.		*mg.*	*mg.*	*I.U.*	*µg.*	*mg.*
76	0	159	4	3·4	43	34	0
77	0	30	2	—	0	30	0
78	0	27	2	0·7	0	30	0
79	0	46	3	2·3	57	170	0
80	0	36	3	3·8	284	68	0
81	1·4	40	3	3·9	1,136	114	0
82	1·4	40	3	3·9	4,260	114	0
83	1·4	40	3	3·9	1,420	114	0
84	1·4	40	3	3·9	12,780	114	0
85	2·6	45	—	—	0	—	0
86	3·7	61	9	0·6	3	43	0
87	3·7	73	9	0·3	0	48	0
88	0	44	—	—	7	28	0
89	0	31	2	0·5	0	7	0

AND CANNED

No.	Carbohydrate	Calories	Calcium	Iron	Vitamin A potency	Vitamin B_1	Vitamin C	Cut purchased
	g.		*mg.*	*mg.*	*I.U.*	*µg.*	*mg.*	
90	0	9	3	0·1	0	8	0	
	0	13	5	0·2	0	11	0	Steaks with skin and bone.
91	0	10	4	0·1	0	9	0	
	0	12	4	0·2	0	10	0	Steaks with skin and bone.
92	0	9	3	0·1	0	8	0	Whole fish.
93	0	9	3	0·1	0	8	0	
	0	20	7	0·3	0	16	0	Some bone, no skin.
94	0	11	3	0·1	0	8	0	
	0	12	4	0·1	0	9	0	Head removed.
95	0	12	4	0·1	0	9	0	
	0	13	4	0·2	0	9	0	Head removed.
96	0	13	4	0·1	0	9	0	Whole fish.
97	0	10	3	0·1	0	7	1	
	0	15	4	0·2	0	9	0	Steaks with skin and bone.
98	0	17	5	0·2	0	11	0	
	0	18	5	0·2	0	12	0	Steaks with skin and bone.
99	0	13	3	0·1	0	8	0	
	0	25	7	0·3	0	15	0	Some bone, no skin.
100	0	16	4	0·1	0	9	0	
	0	19	4	0·2	0	10	0	Head removed.
101	0	16	4	0·1	0	9	0	
	0	17	4	0·2	0	9	0	Steaks with skin and bone.
102	0	16	4	0·1	0	9	0	
	0	17	4	0·2	0	9	0	Head removed.

Table III—*contd.* **Composition of foods " as purchased " per oz.**

FISH—FRESH, CURED

No.	*Food*	*Protein*	*Fat*
		g.	*g.*
	Fresh Fish—*contd.*		
103	I. Mackerel	2·3	1·1
	II. Mackerel	2·7	1·4
104	I. Eel, fresh water, brown	2·3	1·1
	II. Eel, fresh water, brown	2·7	1·4
105	I. silver	1·8	3·6
	II. silver	2·2	4·3
106	I. Trout, sea	3·0	1·8
	II. Trout, sea	3·2	2·0
107	I. Salmon	3·2	2·6
	II. Salmon	3·4	2·8
108a	I and II. Herring, Jan. to Aug.	3·0	2·8
108b	I and II. Sept. to Dec.	2·7	1·4
109a	I and II. Sprats, Oct. to Dec.	2·0	1·8
109b	I and II. Jan. to March	2·0	1·1
	Roe and Milt		
110	Roe, cod	5·7	0·6
111	herring	6·8	0·9
112	Milt, herring	8·8	0·6
	Shellfish and Molluscs		
113	I and II. Cockles	0·6	0
114	I and II. Crab	2·3	0·5
115	I and II. Lobster	2·6	0·5
116	I and II. Mussels	1·0	0·2
117	I and II. Oysters	0·3	0·1
118	I and II. Scallops	1·0	0·1
119	I and II. Shrimps and prawns	2·7	0·3
120	I and II. Whelks	2·0	0·2
121	I and II. Winkles	0·9	0·1
	Cured Fish		
122	II. Bloater	3·6	3·0
123	II. Cod, hard, dried	7·8	0·3
124	II. wet, salt	3·4	0·1
125	II. Haddock, smoked	2·8	0·1
126	II. Herring, red	2·8	3·2
127	II. salt	2·8	3·2
128	II. Kipper	3·2	2·7
	Canned Fish		
129	Crayfish	5·1	0·3
130	Herring, plain	6·0	3·4
131	in tomato	4·5	2·8
132	Mackerel	6·5	2·3
133	Pilchards, in tomato	4·5	4·3
134a	Salmon, bones not eaten	5·6	2·7
134b	Salmon, bones eaten	5·7	2·8
135	Sardines, in oil	5·7	6·8
136	in tomato	5·7	2·6

I.—As landed. See note, pp.12-13. II.—As purchased.

AND CANNED—*contd.*

No.	Carbohydrate	Calories	Calcium	Iron	Vitamin A potency	Vitamin B_1	Vitamin C	Cut purchased
	g.		*mg.*	*mg.*	*I.U.*	*µg.*	*mg.*	
103	0	19	4	0·1	0	9	0	
	0	23	4	0·2	0	10	0	Head removed.
104	0	19	4	0·1	0	9	0	
	0	23	4	0·2	0	10	0	Head removed.
105	0	40	4	0·1	0	9	0	
	0	48	4	0·2	0	10	0	Head removed.
106	0	28	5	0·2	0	11	0	
	0	31	5	0·2	0	12	0	Steaks with skin and bone.
107	0	36	5	0·2	0	11	0	
	0	39	5	0·2	0	12	0	Steaks with skin and bone.
108a	0	37	18	0·3	28	2	0	Whole fish.
108b	0	23	17	0·3	26	2	0	Whole fish.
109a	0	22	57	0·6	—	—	—	Whole fish.
109b	0	18	57	0·6	—	—	—	Whole fish.

No.	Carbohydrate	Calories	Calcium	Iron	Vitamin A potency	Vitamin B_1	Vitamin C
	g.		*mg.*	*mg.*	*I.U.*	*µg.*	*mg.*
110	0	28	4	0·3	—	426	0
111	0	35	4	0·3	—	9	0
112	0	41	4	0·3	—	9	0
113	0·3	4	7	1·5	—	—	—
114	0	14	5	0·1	—	—	—
115	0·3	16	6	0·1	—	—	—
116	0·2	7	8	0·5	—	—	—
117	0·2	3	5	0·2	—	—	—
118	0	5	7	0·2	—	—	—
119	0·1	14	41	0·3	—	—	—
120	0·2	11	6	0·7	—	—	—
121	0·3	6	8	0·9	—	—	—
122	0	41	24	0·4	32	2	0
123	0	34	12	0·5	0	11	0
124	0	15	5	0·2	0	9	0
125	0	12	5	0·2	0	9	0
126	0	40	18	0·3	26	2	0
127	0	40	18	0·3	26	2	0
128	0	37	20	0·3	31	2	0
129	0	23	—	—	—	—	—
130	0	55	28	0·4	9	—	0
131	0	43	28	0·4	9	—	0
132	0	47	28	0·4	—	—	—
133	0	57	85	—	0	—	—
134a	0	47	42	0·4	70	33	0
134b	0	48	85	0·4	71	34	0
135	0	84	114	1·1	77	—	0
136	0	46	114	1·1	77	—	0

Table III—*contd.* **Composition of foods " as purchased " per oz.**

DAIRY

No.	*Food*	*Protein*	*Fat*
		g.	*g.*
137a	Milk, fresh, whole, May to Nov.	0·9	1·0
137b	Dec. to April	0·9	1·0
138	skimmed	1·0	0
139	condensed, whole, sweetened, U.K.	2·3	2·6
140	unsweetened, U.K. (3)	2·4	2·6
141	U.S.A. (3) ..	2·0	2·3
142	skimmed, sweetened	2·7	0·1
143	powder, whole	7·3	7·6
144	skimmed	10·2	0·2
145	Butter, Empire, imported	0·1	23·4
146	Cheese, Cheddar type	7·1	9·8

FATS

147	Dripping	0	28·1
148	Edible oil	0	28·4
149	Lard	0	28·1
150	Margarine, vitaminised	0	24·2

EGGS AND

151	Egg, whole, fresh	3·1	2·9
152	dried	13·0	11·9

FRUITS—FRESH, CANNED

	Fresh Fruit		
153	Apples, cooking	0·1	0
154	eating	0·1	0
155	Apricots	0·2	0
156	Bananas	0·2	0
157	Bilberries	0·1	0
158	Blackberries	0·4	0
159	Cherries, eating	0·1	0
160	Cranberries	0·1	0
161	Currants, black	0·3	0
162	red	0·3	0
163	Damsons	0·1	0
164	Gooseberries, cooking	0·3	0
165	eating	0·2	0
166	Grapes, white	0·1	0
167	Grapefruit	0·1	0
168	Greengages	0·2	0
169	Lemons, whole	0	0
170	Loganberries	0·3	0
171	Oranges	0·2	0
172	Peaches	0·1	0
173	Pears, eating	0·1	0
174	Pineapples	0·1	0

(3) Known also as evaporated milk.

PRODUCTS

No.	Carbohydrate	Calories	Calcium	Iron	Vitamin A* potency	Vitamin B_1	Vitamin C
	g.		mg.	mg.	I.U.	μg.	mg.
137a	1·2	17	34	0	40	13	0·4 (1) 0·3 (2)
137b	1·2	17	34	0	20	13	0·4 (1) 0·3 (2)
138	1·3	9	35	0	0	13	0·4
139	14·1	89	82	0·1	105	30	0·9
140	3·3	46	83	0·1	105	18	0·6
141	2·7	40	69	0·1	91	16	0·6
142	15·8	75	91	0·1	6	36	0·9
143	10·1	138	254	0·2	304	85	2·0
144	13·6	97	348	0·3	9	111	2·0
145	0	211	4	0	1,136	0	0
146	0	117	230	0·2	369	9	0
147	0	253	0	0	28	0	0
148	0	256	0	0	0	0	0
149	0	253	0	0	0	0	0
150	0	218	1	0·1	568	0	0

EGG PRODUCTS

151	0·2	39	15	0·7	250	37	0
152	0·9	163	62	3·1	852	114	0

AND DRIED—AND NUTS

153	2·0	8	1	0·1	9c	10	1
154	2·4	10	1	0·1	9c	10	1
155	1·6	7	5	0·1	196c	8	3
156	3·0	13	1	0·1	14c	9	2
157	1·6	7	7	0·1	43c	—	4
158	1·6	8	18	0·3	85c	6	6
159	2·6	11	4	0·1	49c	12	1
160	0·9	4	4	0·3	—	—	—
161	1·7	8	17	0·4	26c	13	57
162	1·1	6	10	0·3	7c	13	13
163	2·2	9	6	0·1	—	13	1
164	0·9	5	8	0·1	57c	13	11
165	2·4	10	5	0·2	57c	13	11
166	3·7	15	5	0·1	13c	8	1
167	0·7	3	3	0·1	3c	10	6
168	2·8	12	5	0·1	107c	12	1
169	0·1	0	1	0	0	3	5
170	0·9	5	10	0·4	20c	6	9
171	1·6	7	9	0·1	64c	16	12 (4)
172	2·0	8	1	0·1	185c	5	3
173	2·0	8	1	0·1	2c	4	1
174	1·5	6	2	0·1	14c	11	3

(1) As produced. (2) As purchased.

(4) Whole Seville oranges have a vitamin C value of 7.

* The letter c after the value indicates that the sole source of vitamin A potency is carotene.

Table III—*contd.* Composition of foods " as purchased " per oz.

No.	*Food*	*Protein*	*Fat*
		g.	*g.*
	Fresh Fruit—*contd.*		
175	Plums, red and yellow	0·2	0
176	Victoria	0·2	0
177	Raspberries	0·3	0
178	Rhubarb	0·1	0
179	Strawberries	0·2	0
180	Tomatoes	0·2	0
	Canned Fruit for Domestic Use Total Contents of Tin		
181	Apples	0·1	0
182	Apricots	0·1	0
183	Blackberries	0·2	0
184	Cherries	0·1	0
185	Currants, black	0·1	0
186	Damsons	0·1	0
187	Gooseberries	0·2	0
188	Grapefruit	0·1	0
189	Greengages	0·1	0
190	Loganberries	0·2	0
191	Peaches	0·1	0
192	Pears	0·1	0
193	Pineapples	0·1	0
194	Plums	0·1	0
195	Rhubarb	0·1	0
196	Raspberries	0·2	0
197	Strawberries	0·1	0
198	Tomatoes, solid pack	0·3	0
	Canned Fruit for Service Use Total Contents of Tin		
199	Blackberries	0·2	0
200	Damsons	0·1	0
201	Gooseberries	0·2	0
202	Loganberries	0·2	0
203	Plums	0·1	0
	Dried Fruit		
204	Apples	0·6	0
205	Apricots	1·4	0
206	Currants	0·5	0
207	Dates	0·5	0
208	Figs	1·0	0
209	Prunes	0·6	0
210	Raisins	0·3	0
211	Sultanas	0·5	0
	Nuts		
212	Almonds	2·0	5·3
213	Barcelona nuts	2·2	10·9
214	Brazil nuts	1·8	7·9
215	Chestnuts	0·5	0·6
216	Cobnuts	0·9	3·6
217	Coconut	0·8	7·2
218a	Peanuts, with skin	5·6	9·7
218b	roasted	8·0	13·9
219	Walnuts, ripe	2·1	8·8

DRIED—AND NUTS—*contd.*

No.	Carbo-hydrate	Calories	Calcium	Iron	Vitamin A* potency	Vitamin B_1	Vitamin C
	g.		*mg.*	*mg.*	*I.U.*	*µg.*	*mg.*
175	1·5	7	4	0·1	107c	12	1
176	2·3	10	3	0·1	107c	12	1
177	1·4	7	12	0·3	20c	6	9
178	0·2	1	22	0·1	0	4	2
179	1·5	7	6	0·2	4c	5	16
180	0·6	3	3	0·1	724c	14	6
181	2·4	10	1	0·1	11c	13	1
182	3·5	14	4	0·1	142c	6	1
183	4·6	19	11	0·3	43c	3	2
184	4·6	19	3	0·8	26c	7	1
185	4·7	19	10	0·4	13c	6	26
186	4·5	18	5	0·2	96c	7	1
187	4·2	18	5	0·1	28c	6	5
188	3·6	15	5	0·1	4c	13	7
189	4·8	20	4	0·1	55c	5	1
190	4·3	18	6	0·6	10c	3	3
191	3·9	16	2	0·2	142c	3	1
192	3·6	15	3	0·2	1c	3	0
193	4·9	20	3	0·2	18c	14	3
194	4·6	19	3	0·4	55c	7	1
195	4·1	17	16	0·2	0	1	1
196	4·6	19	7	0·6	10c	3	3
197	4·5	18	4	0·4	1c	3	7
198	0·7	4	4	0·1	852c	14	4
199	5·8	24	11	0·3	43c	3	2
200	5·5	22	5	0·2	96c	7	1
201	5·4	22	5	0·1	28c	6	5
202	5·5	23	6	0·6	10c	3	3
203	5·7	23	3	0·4	55c	7	1
204	12·5	52	9	0·6	28c	0	0
205	11·1	50	26	1·2	1,420c	0	0
206	16·1	66	27	0·5	14c	0	0
207	14·1	58	16	0·4	24c	0	0
208	13·5	58	81	1·2	26c	0	0
209	8·5	37	9	0·7	589c	0	0
210	15·2	62	16	0·4	13c	0	0
211	16·5	68	15	0·5	14c	0	0
212	0·4	57	24	0·4	0	24	0
213	0·8	110	29	0·5	0	—	0
214	0·5	80	22	0·4	0	—	0
215	7·5	37	11	0·2	0	—	0
216	0·6	38	4	0·1	0	—	0
217	0·7	71	3	0·4	0	—	0
218a	1·5	116	12	0·4	0	179	0
218b	2·2	166	17	0·6	0	68	0
219	0·8	91	11	0·4	0	51	0

* The letter c after the value indicates that the sole source of vitamin A potency is carotene.

Table III—*contd.* **Composition of foods " as purchased " per oz.**

VEGETABLES—FRESH AND

No.	*Food*	*Protein*	*Fat*
		g.	*g.*
	Fresh Vegetables		
220	Asparagus	0·1	0
221	Beans, broad	0·5	0
222	French	0·3	0
223	runner	0·2	0
224	Beetroot	0·3	0
225	Brussels sprouts	0·9	0
226	Cabbage	0·3	0
227a	Carrots, July to Aug.	0·2	0
227b	Sept. onwards	0·2	0
228	Cauliflower	0·5	0
229	Celery	0·2	0
230	Cucumber	0·1	0
231	Endive	0·3	0
232	Horseradish	0·6	0
233	Kale	0·8	0
234	Leeks	0·4	0
235	Lettuce	0·3	0
236	Marrow	0·1	0
237	Mushrooms	0·4 (1)	0
238	Onions, bulb	0·3	0
239	spring	0·2	0
240	Parsley	1·5	0
241	Parsnips	0·3	0
242	Peas, green	0·7	0
243a	Potatoes, early	0·5	0
243b	main crop, before Oct.	0·4	0
243c	Oct. and Nov.	0·4	0
243d	Dec.	0·4	0
243e	Jan. and Feb.	0·4	0
243f	March and onwards	0·4	0
244	Radishes	0·1	0
245	Spinach	0·6	0
246	Swedes	0·2	0
247	Turnips	0·1	0
248	Turnip tops	0·5	0
249	Watercress	0·7	0
	Potatoes, Chip		
250a	Potatoes, chip, early, and main crop before Oct.	1·1	2·6
250b	Oct. and Nov.	1·1	2·6
250c	Dec.	1·1	2·6
250d	Jan. and Feb.	1·1	2·6
250e	March and onwards	1·1	2·6
	Canned Vegetables (not Including Liquor)		
251	Asparagus	0·4	0
252	Beans, broad	1·5	0
253	stringless and runner	0·2	0
254	in tomato sauce, baked	1·7	0
255	Beetroot	0·4	0
256	Brussels sprouts	1·0	0
257	Carrots	0·1	0
258	Celery	0·1	0
259	Parsnips	0·3	0
260	Peas, fresh, garden	1·3	0
261	processed	2·0	0
262	Potatoes	0·5	0
263	Spinach, leaf	0·6	0
264	puree	0·6	0
265	Swedes	0·2	0
266	Turnips	0·1	0

(1) Protein nitrogen multiplied by 6·25.

CANNED—AND PULSES

No.	Carbo-hydrate	Calories	Calcium	Iron	Vitamin A* potency	Vitamin B_1	Vitamin C
	g.		mg.	mg.	I.U.	µg.	mg.
220	0·1	1	2	0·1	40c	10	3
221	0·7	5	2	0·1	—	—	2
222	0·7	4	9	0·2	162c	20	3
223	0·6	3	7	0·1	128c	16	4
224	1·5	7	6	0·2	0	7	2
225	0·9	7	6	0·3	85c	26	21
226	1·0	5	13	0·2	179c	15	14
227a	1·3	6	13	0·2	2,698c	16	3
227b	1·1	5	11	0·1	4,544c	14	2
228	0·6	4	—	0·2	0	20	14
229	0·3	2	11	0·1	0	7	1
230	0·3	2	5	0·1	0	10	2
231	0·2	2	8	0·5	—	11	4
232	1·3	8	15	0·3	—	—	17
233	0·9	7	40	0·5	1,570c	24	26
234	0·6	4	7	0·2	99c	14	3
235	0·4	3	6	0·2	909c	17	3
236	0·6	3	—	—	6c	8	1
237	0	2	1	0·2	—	19	0
238	1·3	6	8	0·1	0	8	3
239	1·8	8	31	0·3	159c	5	5
240	0	6	92	2·3	3,692c	34	43
241	1·9	9	10	0·1	37c	22	2
242	1·1	7	2	0·2	57c	48	3
243a	4·3	19	2	0·2	0	32	8
243b	3·5	16	2	0·1	0	26	7
243c	3·5	16	2	0·1	0	26	4
243d	3·5	16	2	0·1	0	26	3
243e	3·5	16	2	0·1	0	26	2
243f	3·5	16	2	0·1	0	26	1
244	0·4	2	6	0·3	0	9	4
245	0·5	4	—	—	2,769c	21	14
246	0·7	4	10	0·1	0	7	7
247	0·6	3	11	0·1	0	7	5
248	0·7	5	—	—	2,130c	26	21
249	0·1	3	54	0·4	1,207c	29	14
250a	9·5	66	4	0·4	0	—	9
250b	9·5	66	4	0·4	0	—	6
250c	9·5	66	4	0·4	0	—	4
250d	9·5	66	4	0·4	0	—	3
250e	9·5	66	4	0·4	0	—	2
251	0·4	3	8	0·2	199c	28	9
252	2·1	14	11	0·2	119c	20	4
253	0·5	3	10	0·1	170c	7	1
254	4·5	25	16	0·7	142c	17	1
255	1·6	8	10	0·2	0	10	1
256	0·4	6	9	0·2	114c	14	10
257	0·5	2	9	0·1	5,680c	9	1
258	0·2	1	17	0·1	0	3	1
259	1·6	8	20	0·1	57c	18	1
260	1·6	12	7	0·3	142c	71	4
261	4·6	26	13	0·5	48c	34	0
262	4·1	18	11	0·1	0	17	1 (2)
263	0·3	4	—	—	1,988c	9	7
264	0·3	4	—	—	1,988c	9	7
265	0·7	4	11	0·1	0	6	6
266	0·5	2	16	0·1	0	6	4

(2) Refers to potatoes canned during spring.

* The letter c after the value indicates that the sole source of vitamin A potency is carotene.

Table III—*contd.* **Composition of foods " as purchased " per oz.**

VEGETABLES—FRESH AND

No.	*Food*	*Protein*	*Fat*
		g.	*g.*
	Pulses		
267	Haricot beans	6·1	0
268	Lentils	6·8	0
269	Peas, split	6·3	0
270	dried	7·0	0
271	Soya bean, full fat flour	11·5	6·7
272	low fat flour and grits	14·0	2·2

SUGAR, SWEETS

273	Honey	0·1	0
274	Glucose, liquid	0	0
275	Sugar..	0	0
276	Treacle, black	0·3	0
277	light, golden	0·1	0
278	Chocolate, milk	2·1	9·7
279	plain	1·3	9·2
280	Cocoa..	5·8	7·3
281	Sweets, boiled	0	0
282	Toffee	0·9	5·7
283	Jam, blackcurrant	0·1	0
284	gooseberry and strawberry	0·1	0
285	blackberry, raspberry and redcurrant jelly ..	0·1	0
286	others	0·1	0
287	Marmalade	0·1	0
288	Lemon curd	0·3	0·9

FOOD

289	Blackcurrant, puree	0·2	0
290	syrup	0	0
291	Cod liver oil, Ministry of Food	0	28·4
292	Orange juice, Ministry of Food	0	0
293	Rose hip syrup	0·2	0
294	Yeast, edible, food	12·2	0·7

BEERS

No.	*Food*	*Protein*	*Fat*
		g.	*g.*
295	Beer, mild	0·1	0
296	bitter	0·1	0
297	Stout	0·1	0
298	Ale, strong	0·1	0

CANNED—AND PULSES—*contd.*

No.	Carbo-hydrate	Calories	Calcium	Iron	Vitamin A* potency	Vitamin B_1	Vitamin C
	g.		*mg.*	*mg.*	*I.U.*	*µg.*	*mg.*
267	11·6	71	51	1·9	0	128	0
268	13·6	82	11	2·2	14c	128	0
269	14·5	83	9	1·5	57c	128	0
270	14·2	85	17	1·3	57c	128	0
271	3·8	122	62	2·0	0	187	0
272	4·9	95	72	2·8	0	247	0

AND PRESERVES

273	19·5	78	1	0·1	0	0	0
274	22·4	90	4	0	0	0	0
275	27·0	108	0	0	0	0	0
276	17·2	70	141	2·6	0	—	0
277	20·2	81	7	0·4	0	0	0
278	13·4	149	50	0·5	—	34	0
279	15·0	148	7	0·9	21c	26	0
280	8·9	125	14	4·1	43c	34	0
281	26·2	105	0	0	0	0	0
282	18·5	129	23	0	28	—	0
283	17·6	71	3	—	6c	1	6
284	17·6	71	3	—	6c	1	1
285	17·6	71	3	—	6c	1	1
286	17·6	71	3	—	6c	1	0
287	17·6	71	3	—	—	1	2
288	15·9	73	1	—	13	0	0

CONCENTRATES

289	10·2	42	9	0·6	—	—	18
290	13·1	52	6	0·6	—	—	16
291	0	256	—	—	28,400	—	—
292	14·2	57	—	—	—	—	45
293	14·2	58	—	—	—	—	43
294	0·9	59	36	5·7	0	568	0

No.	Carbo-hydrate	Alcohol	Calories	Calcium	Iron	Vitamin A potency	Vitamin B_1	Vitamin C
	g.	*g.*		*mg.*	*mg.*	*I.U.*	*µg.*	*mg.*
295	0·5	0·9	9	3	0	0	1	0
296	0·5	1·2	11	3	0	0	1	0
297	1·0	1·2	13	1	0	0	1	0
298	1·0	1·6	16	1	0	0	3	0

* The letter c after the value indicates that the sole source of vitamin A potency is carotene.

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